LESSONS FROM AMY
COLD TURKEY NOT THE WAY TO QUIT BOTTLE, EXPERTS SAY {page 15}

GET CREATIVE WITH YOUR YOGURT
TRY A PANNA COTTA
{page 16}

UNCERTAINTY, UNREST LOOM OVER RAMADAN

{page 8}

†THESE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes August 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARV $2,620) and (2) a yearly supply of Caramilk* bars ($65) for 25 years OR choose for $10,858.75. Odds no less than 1 in 1,630,933. Finalist has no less than a 1 in 10 chance to win up to $250,000. Must be age of majority. Skill-testing question required. Full rules at caramilk.ca or call 1-866-782-3267. Trademark, used under license.

VANCOUVER metro®
Tuesday, August 2, 2011
www.metronews.ca
News worth sharing.

Users to get free crack pipes

Addicts use glass stems for pipes or make them from bottles, cans or car antennas

Health officials are aiming to distribute clean pipes to crack smokers in Vancouver.

While heroin users can pick up clean needles from needle-exchange programs — which have at least partly curbed risky needle-sharing — crack pipes are more difficult to come by.

That's about to change, as Vancouver Coastal Health prepares to launch a pilot project later this year to distribute clean, unused crack pipes to drug users.

The strategy aims to reduce the transmission of disease while ensuring health-care and social workers are able to interact with hard-to-reach drug addicts.

Currently, Vancouver distributes clean mouthpieces for crack pipes, but not the pipes themselves.

"Can we use this as an engagement strategy like we do with our other harm-reduction initiatives?" said Dr. Patricia Daly, VCH's chief medical health officer.

"If you can deliver them (harm-reduction programs) in a way where you can get people into other services, that's very beneficial."

The calls for free crack pipes comes as advocates in Vancouver also push for a safe-inhalation site, where crack users could smoke the drug in the presence of health-care workers, who would respond to overdoses.

Any decision on such a site will likely have to wait until the Supreme Court of Canada rules on the future of Insite, the city's supervised-injection site.

THE CANADIAN PRESS

Woodlands. Abuse

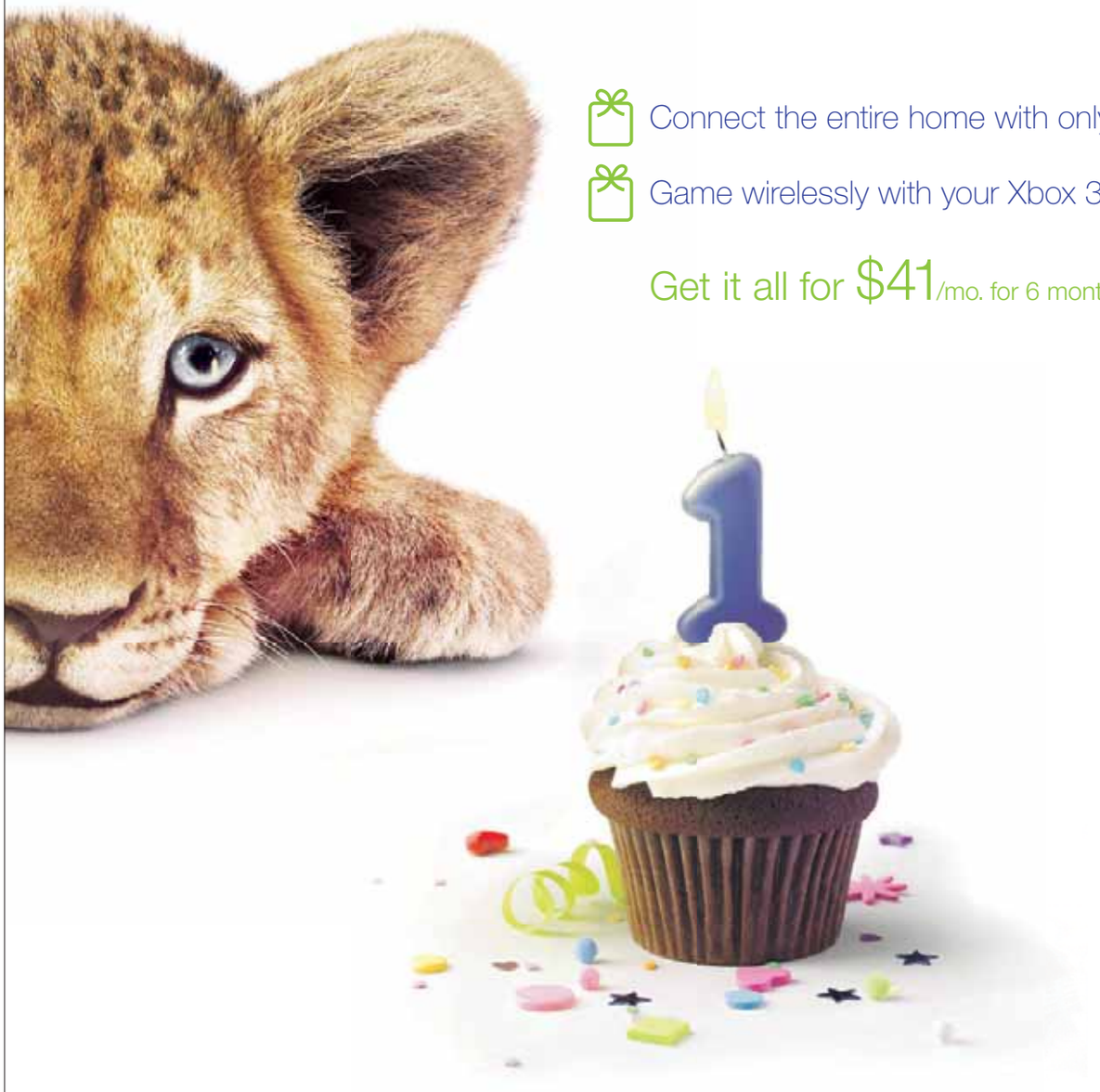
▶ Woodlands School survivor Len Zimmer is ineligible for compensation despite suffering two decades of abuse at the government-run institution. NDP Leader Adrian Dix is calling on the government to change a loophole that excludes over 300 people from receiving compensation. Story, page 3.

MATT KIELTYKA/METRO

Restitution urged for all victims

A free HD PVR rental and Xbox 360.* See, wishes do come true.

Optik™ TV and Internet are the best in home entertainment.



- Connect the entire home with only 1 PVR†
- Game wirelessly with your Xbox 360®

Get it all for $41/mo. for 6 months.‡

Call 310-MYTV (6988). Go to telus.com/optik.
Or visit an authorized dealer.

TELUS
the future is friendly®

TELUS AUTHORIZED DEALERS

Vancouver
551 Robson St.
Bentall Tower Three
Oakridge Centre
Pacific Centre
2163 West 4th Ave.
2338 Cambie St.
925 West Georgia St.
689 Thurlow St.
1855 Burrard St.
3121 West Broadway
2748 Rupert St.
950 West Broadway
1707 Robson St.
1092 Kingsway
3490 Kingsway

Abbotsford
Sevenoaks Shopping Centre
32915 South Fraser Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

Aldergrove
26310 Fraser Hwy.

Burnaby
Brentwood Mall
Crystal Square
Lougheed Mall
Metrotown/Metropolis
4501 North Rd.

Chilliwack
Cottonwood Mall
45300 Luckakuck Way
45905 Yale Rd.
7544 Vedder Rd.

Cloverdale
17725 64th Ave.

Coquitlam
Coquitlam Centre
3278 Westwood St.
3000 Lougheed Hwy.
2988 Glen Dr.
1071 Austin Ave.

Delta
Scottsdale Mall
7235 120th St.
1517 56th St.

Langley
Walnut Grove Town Centre
Willowbrook Shopping Centre
19638 Fraser Hwy.
19700 Langley Bypass
20159 88th Ave.
20202 66th Ave.

Maple Ridge
Haney Place Mall
22661 Lougheed Hwy.

Mission
32670 Lougheed Hwy.
32555 London Ave.

New Westminster
Royal City Centre

North Vancouver
Capilano Mall
1199 Lynn Valley Rd.
1295 Marine Dr.
1801 Lonsdale Ave.

Pitt Meadows
19800 Lougheed Hwy.

Richmond
Admiralty Centre Mall
Ironwood Mall
Parker Place
Richmond Centre

Surrey
Central City Shopping Centre
Grandview Corners
Guildford Town Centre
13734 104th Ave.
12477 88th Ave.
7380 King George Hwy.
15940 Fraser Hwy.

West Vancouver
Park Royal Shopping Centre North/South

White Rock
Semiahmoo Shopping Centre
3189 King George Hwy.

*Offers available until August 2, 2011, to new TELUS clients who have not subscribed to TELUS TV and Internet service in the past 90 days. Final eligibility will be determined by a TELUS representative at point of installation. Minimum system requirements apply. Free HD PVR rental offer available on a 3 year Optik TV term; current rental rates will apply thereafter. A cancellation fee applies for early termination of the service agreement and will be $10 multiplied by the number of months remaining in the term. Free Xbox 360 available with TELUS Internet on a 2 year service agreement while quantities last. A cancellation fee of $13 per month for the remainder of the 2 year term applies to early cancellation of a service agreement. Not combinable with other Internet offers. Manufacturer's suggested retail price for the Xbox 360 is $299.99. †Set-top box needed for individual TV sets. ‡Regular rate in a bundle of $65 per month starts on month 7 based on the same services. Optik Essentials provided as channel package. HDTV input equipped television required to receive HD. TELUS, the TELUS logo, Optik, Optik TV and the future is friendly are trademarks of TELUS Corporation, used under licence. Xbox 360 is a registered trademark of Microsoft Corporation in the United States and other countries. © 2011 TELUS

Man slashes officer's face with knife

A New Westminster police officer was slashed across the face after responding to a call about a distraught man in Queen's Park on Saturday night.

The officer approached a picnic table where the man was sitting, when the man suddenly lunged at him.

He was able to disarm his attacker, but the man ran toward McBride Boulevard and East 6th Avenue.

PHYLICIA TORREVILLAS

COURTESY OF RCMP

▶ David Wesley Bobbitt

Penticton manhunt continues

Police are on the hunt for a 35-year-old second-hand-store owner accused of forcibly confining, beating and sexually assaulting a woman in front of her young son.

A Canada-wide warrant has been issued for David Wesley Bobbitt, who is wanted on a charge of attempted murder. According to police, the woman was bound and sexually assaulted Saturday in front of her 22-month-old son inside Dave's Second Hand store at 146 Ellis St. in Penticton. PHYLICIA TORREVILLAS

MATT KIELTYKA/METRO

▶ NDP Leader Adrian Dix speaks with Woodlands School survivor Bill McArthur about his experience at the infamous government-run mental institution.

All Woodlands victims deserve restitution: Dix

- Government offers compensation only for students abused after 1974
- Opposition leader calls for government to 'do the right thing'

MATT KIELTYKA
@METRONEWS.CA

Unjust and unfair.

That's what NDP Leader Adrian Dix calls a government decision to deny hundreds of former Woodlands School patients compensation because of a legal loophole. The infamous New Westminster mental institution has a long history of abuse and indignity for its patients, yet the government is standing by a court decision that only allows patients who attended the facility after Aug. 1, 1974 — the year legislation was enacted allowing the government to be sued — to claim restitution.

That means more than 300 people still alive cannot claim a compensation package by the Sept. 19 deadline despite the fact they suffered in the government-run institution, said Dix as he called on Premier Christy Clark to reverse the decision yesterday.

"People who know the history of Woodlands will tell you the most serious of abuses took place before 1974," said Dix. "The government is using a legal technicality to divide Woodlands survivors into two groups: One that gets compensation and one that doesn't. It's morally and politically wrong."

If the decision isn't reversed immediately, Dix plans to introduce a motion in the legislature in September and have MLAs vote on the issue.

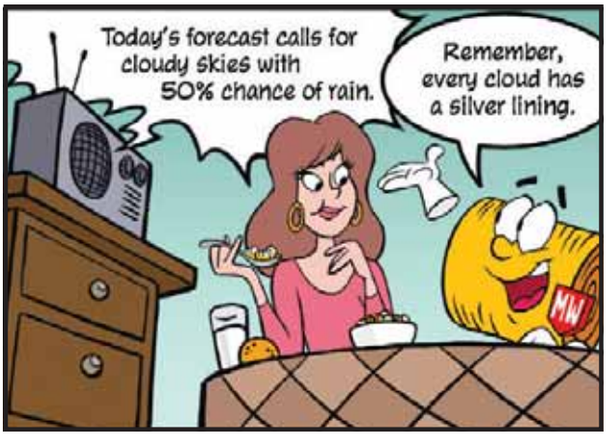
"What I saw here, nobody should ever have to go through," said former patient Bill McArthur. "I witnessed children being thrown in straight jackets, given drugs to knock them out, get thrown in isolation. I've seen kids beaten, dragged by their hair down a staircase. I myself have been sexually abused."

1 news

On the web at metronews.ca

Thousands of spectators took in Vancouver's annual Pride Parade on Sunday. For a photo gallery of the colourful celebration of LGBTQ culture visit metronews.ca/vancouver.

Follow us on Twitter @vancouvermetro



* ©2011, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

News in brief

Three killed in chopper crash

NELSON GLACIER. Three people are dead after a helicopter crashed Sunday north of Prince Rupert, B.C. The pilot and two passengers were killed in the crash. **THE CANADIAN PRESS**

B.C. Place holds open house

UPGRADES. Eleven thousand people toured BC Place on Sunday to have an inside look at the stadium's $563-million reno. **TERRIS SCHNEIDER**

Ballot deadline

HST. People who want to voice their opinion of the HST have until Aug. 5 to make themselves heard. **THE CANADIAN PRESS**

Celebration of Light off to a bright start

First public event since riot goes off without a hitch, police say ◗ Liquor a minor issue, 26 weapons seized

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Fireworks blast over the waters of English Bay on Saturday.

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

The Celebration of Light's opening night went off with a bang despite a little trouble with liquor, Vancouver police said.

Close to 300,000 spectators packed English Bay and Kits beach to watch Team China's "China Storm," which was inspired by the traditional Chinese calendar.

VPD Const. Lindsey Houghton said there were more than 600 liquor pour-outs, 28 liquor seizures, and four people were arrested for public drunkenness.

"It was a focus and concern for us," he said. "Given all the messaging and reminding people not to bring booze downtown, we still poured a lot of it."

Despite the liquor, the vast majority of the people remained positive and friendly, Houghton added.

Police also confiscated 26 weapons, including several pairs of brass knuckles, cans of pepper spray and an ice pick.

After the fireworks ended, there was one "minor stabbing" in the 700 block of Thurlow Street. Two people suffered minor cuts.

Spain continues the series tomorrow. Canada goes on Saturday.

$50 Activation Bonus*
when you activate a mobile internet stick with us!

PEPPER WIRELESS
$0 The 3G Mobile Internet Stick
With 2-year Fido Agreement and Data Add-on
> Internet EVERYWHERE™ with no need to find a hotspot!
> Speeds up to 21 Mbps!
> Enjoy 2 months of UNLIMITED DATA
VISIT for store locations and online contests
facebook.com/fido.pepperwireless
Exclusive Dealer fido

Offers subject to change without notice. Early cancellation fees apply. *$50 activation bonus is in the form of two $25 Network Reward certificates which can be applied as a credit against customers' bi-monthly invoice. Only one Network Reward per account, per month can be redeemed. Visit us for new activations with 2-year Fido Agreement and Data Add-on. Offer expires 2011/08/31, at Pepper Wireless locations only. **Not available in all areas. The device will also work at a slower speed outside the 3G coverage area on our GPRS/EDGE network, which covers more of the Canadian population. Visit fido.ca/coverage for coverage details. Additional data transmission will be charged at its per MB. Extra plans are applicable in Canada only. While roaming in the U.S., data transmission charges of 0.5¢ per KB apply. While roaming internationally, data transmission charges of 3¢ per KB apply. Any additional MB over 5120 cost 3¢ per MB. Prepaid rate option is applicable in Canada only. While roaming in the U.S., data transmission charges of $3 per MB apply. While roaming internationally, data transmission charges of $5 per KB apply. ***Trade and related marks & logos are trademarks used under licence. © 2011

Not all Androids are created equal
Some come with up to a $100 credit.*

With guaranteed rates, coverage across North America and no contract, Mobilicity is the smartest choice. Purchase an HTC Panache™ or a Motorola Spice™, and receive up to a $100 credit when you add unlimiited data to any unlimited plan. Now that's smart.™

mobilicity.ca
mobilicity™ Now that's smart.

*$100 credit is provided to customer's My Wallet™ account, in equal installments of $25 per month for 4 months, when customer purchases an HTC Panache™ and activates a Mobilicity unlimited plan with data add-on, and may not be redeemed for cash and contain no cash value. $50 credit is provided to customer's My Wallet™ account, in equal installments of $25 per month for 2 months, when customer purchases a Motorola Spice™ and activates a Mobilicity unlimited plan with data add-on, and may not be redeemed for cash and contain no cash value. Taxes are extra. Limited time offer. Offer valid only at participating locations. Restrictions may apply on combining offers with other offers or promotions and only applicable to new activations. Terms and conditions apply. Subject to change without notice.© 2011 Mobilicity. 'Mobilicity' and the Mobilicity logo are trademarks of Mobilicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobilicity Stores

Burnaby
Station Square, Unit 139
Crystal Mall, Unit 1639
Coquitlam
562 Clarke Rd, Unit E (at Como Lake)
Delta
8673 120th St, Unit B
Scottsdale Centre
New Westminster
555 6th St, Unit 135 (Westminster Centre)
1015 Columbia St, Unit 102
Richmond
8180 No 2 Rd, Unit 128
Aberdeen Mall
Admiralty Centre
Lansdowne Mall
Presidents Plaza
Surrey
Central City Mall
18640 Fraser Hwy, Unit 103
10255 King George Blvd
Guildford Place
Payal Business Centre
Vancouver
1641 Commercial Dr, Unit 105
568 Dunsmuir St
2390 East Hastings St
6330 Fraser St, Unit 105
8520 Granville St
1463 Kingsway Ave
3081 Main St
768 Robson St
526 West Broadway
Broadway & Commercial
Skytrain Station
Harbour Centre
Tinseltown

Mobilicity In-Store Kiosk @ Money Mart

Vancouver
2595 Commercial Dr
1195 Davie St
952 Granville St
3398 Kingsway
New Westminster
329-389 Columbia St
Port Coquitlam
2831 Shaughnessy St

Authorized Dealers

Burnaby
Aproman: 4501 North Rd
Mobo Electronics: 1899 Rosser Ave
Coquitlam
Fone Eleven: Coquitlam Center
Langley
Cartel Classics: 20381 62nd Ave, Unit 202
H.S Mobile World & Electronics: 20477 Fraser Hwy
New Westminster
MVP Electronics: 807 Carnarvon St
North Vancouver
Wireless Accessories: Capilano Mall
Port Moody
iBay Communications: 2929 St. John St
Surrey
City Zone Mobile: 15277 - 100th Ave
Golden Star Video & Gifts: 9369 -120th St
Golden Wireless & Video: 589 128th St
Vantex Voice n View Solutions: 6911 King George Hwy
Xcellent Wireless: 9200- 120th St
Vancouver
Green Cartridge: 740 East Broadway
Leading Age Computers: 3399 Kingsway
Vancell Pairs: 3292 E29th St

Cha-Ching.

Earn more cash back than ever before.

With the *Scotia Momentum*® family of VISA* cards, you can earn cash back on all your everyday spending†, and even higher rates of cash back on eligible gas, groceries, drug store purchases and recurring bill payments.

To apply, go online, call 1 800 551-8907 or visit a branch today.

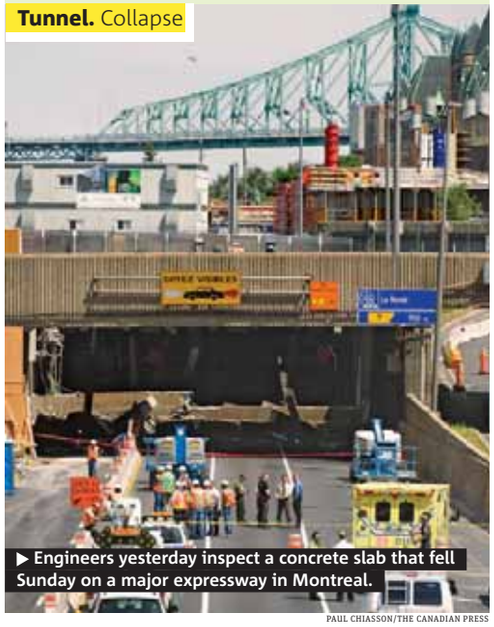
scotiabank.com/momentum

You're richer than you think®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia. * VISA Int./Lic. user The Bank of Nova Scotia. † Eligible spend and cash back amounts for each card are defined below.
[1] 1% cash back on purchases made at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and recurring payments (Merchant codes: 5411, 5541, 5542, 5912). Plus, 0.5% on all other purchases. [2] 2% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets, Service Stations & Automated Fuel Dispensers, Drug Stores & Pharmacies, and Recurring Payments (Merchant codes: 5411, 5541, 5542, 5912). Plus, 1% on all other purchases. [3] 4% cash back on the first $25,000 of purchases made annually at merchants classified by VISA Inc as Grocery Stores & Supermarkets and Service Stations & Automated Fuel Dispensers (Merchant codes 5411, 5541, 5542); 2% at Drug Stores & Pharmacies (Merchant codes 5912) and Recurring Payments. Plus, 1% on all other purchases. Sometimes there are separate merchants located on the premises of these merchants that are classified by VISA in another manner, in which case, these added benefits will not apply. Recurring payments are defined as payments made on a monthly or regular basis automatically billed by a merchant. You do not earn cash back on purchase returns, credit vouchers, payments, cash advances, *Scotia*® VISA Cheques, card fees or interest charges.

Tunnel. Collapse



▶ Engineers yesterday inspect a concrete slab that fell Sunday on a major expressway in Montreal.

PAUL CHIASSON/THE CANADIAN PRESS

Fallout in Montreal

No one was injured in the collapse on the Ville-Marie expressway, the latest in a series of incidents that point to the city's crumbling infrastructure.

Fighting the 'Millennium Scoop'

Poverty, addiction, history, politics have conspired to separate First Nations children from their parents

John Beaucage has given the heartbreak he sees around him a name: The "Millennium Scoop."

The First Nations leader was recently hired by the Ontario government to look into aboriginal child welfare and what he found — not just in Ontario, but across the country — was despair.

After decades of wrestling with the impact of the residential-school system — and then with the "Sixties Scoop" that placed so many aboriginal children in non-aboriginal homes — First Nations are now facing another tragedy of lost children in the new millennium.

There are more First Nations children in care right now than at the height of the residential-school system. That system was a national disgrace that prompted Prime Minister Stephen Harper to apologize for its catastrophic impact on natives.

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Jeremy Meawasige sits with his mother, Maurina Beadle, at home in Pictou Landing First Nation in Nova Scotia last month.

Instead of being at home with their parents, brothers and sisters, tens of thousands of First Nations children are in foster homes, staying with distant relatives or living in institutions.

"It's a culmination of decades worth of social ills," Beaucage says.

THE CANADIAN PRESS

Jeremy's story

- Jeremy Meawasige, 16, a Mi'kmaq from the Pictou Landing First Nation in Nova Scotia, pictured at left, has myriad challenges: Autism, cerebral palsy, hydrocephalus and a tendency to hurt himself.
- He is unable to care for himself and authorities want to send him to an institution out of province.
- His mother, Maurina Beadle, who suffered a stroke last year, has launched a formal court challenge.
- She argues that if her son were off-reserve, he would be entitled to far more funding and services than he is receiving now — funding and services that would enable her to keep Jeremy at home where he belongs.

Canadian Breast Cancer Foundation
25 Years
CIBC
ANNE
Who are you running for?™
Brian's wife was diagnosed with breast cancer the day before their wedding.
Sunday, October 2, 2011
Walk, run and give generously.
Visit cbcf.org
Canadian Breast Cancer Foundation
CIBC Run for the Cure®

25 migrants found dead on boat bound for Italy

More than two dozen African migrants trying to reach Italy from Libya died in the hold of a rickety boat so packed with people that the migrants could not get out as they struggled to breathe, Italian officials said yesterday.

The bodies were found below decks of the 15-metre boat carrying 296 people. THE ASSOCIATED PRESS

Russian PM supports merger with Belarus

Prime Minister Vladimir Putin voiced support yesterday for Russia to merge with its western neighbour Belarus.

Putin's remarks were in response to a question from a young Belarusian who wondered whether Russia and Belarus could merge into "one state like it was in the Soviet times." THE ASSOCIATED PRESS

Super fast. Super thin. Superphone.

Samsung GALAXY S II™ 4G

Introducing the new Samsung Galaxy S II™ 4G superphone. With a dual-core processor and blazing-fast speeds of up to 21 Mbps (expect average speeds of 3.5 – 8 Mbps),[1] you'll be able to surf, stream and share faster than you ever thought possible. It has a stunningly vivid, 4.3" Super AMOLED Plus screen, an 8MP camera and a 1080p camcorder. And all this is packed into a cutting-edge, ultra-slim design. There's never been a better time to get on the best network, with the largest 4G coverage and the fastest 4G speeds across Canada.[2]

Visit a Bell store • 1 888 4-MOBILE (662453) • bell.ca

Bell being with Bell just got better

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
- 31935 South Fraser Way
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Brentwood Town Centre (kiosk)
- Lougheed Town Centre
- Lougheed Town Centre (kiosk)
- Marine Way Market
- Metropolis at Metrotown

CHILLIWACK
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- 600 113TH AVE
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

LANGLEY
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 -72 Ave.
- 8363 -128th St
- Clover Square Village
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre
- Surrey Central City Mall

VANCOUVER
- 567 Seymour St.
- 698 West Broadway
- 1008 West Georgia St.
- 1100 Robson St.
- 1588 West Broadway
- 2154 West 4th
- Capilano Mall
- Chinatown Plaza
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal S.

OKANAGAN

CASTELGAR
- 635 Columbia Ave.

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

QUESNEL
- 259 Reid St.

VERNON
- Village Green Mall

WILLIAMS LAKE
- Boitanio Mall

VANCOUVER ISLAND

NANAIMO
- Woodgrove Centre

VICTORIA
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre

Also available at these retailers:

Best Buy mobile · Costco Wholesale · Future Shop · booth wireless · The Source · Visions · Wireless etc... · Wirelesswave

Available with compatible devices within network coverage areas available from Bell Mobility. Other conditions apply. (1) Actual speed may vary due to topography, environmental conditions, device type and other factors. HSPA+ not available in all areas. Bell.ca/network. (2) With compatible devices. Based on comparison of national networks: (a) fastest network in more places, according to tests of average upload and download speeds in large urban centres across Canada (b) largest network, based on total square kms of coverage, and (c) average call failure rate on par, based on tests including network access failures, blocked calls and dropped calls in large urban centres across Canada; all on the shared HSPA+ (4G) network available from Bell, vs. Rogers HSPA/HSPA+ network. Excludes roaming partners' HSPA and GSM/EDGE coverage in certain parts of Manitoba. Speed may vary due to topography, environmental conditions, device type and other factors. See bell.ca/network for details. Samsung Galaxy S II is a trademark of Samsung Electronics Co., Ltd., used in Canada under licence. Android and the Android Logo are trademarks of Google, Inc.

Tense month for parts of Arab world

Unrest looms over start of Ramadan

From Syria to Libya and Egypt, the traditional focus on piety during the holy month is likely to be eclipsed by more unrest.

Food prices — part of the economic hardships that catalyzed the ouster of the Egyptian and Tunisian leaders — are still climbing. And protesters have shown little patience for conciliatory gestures by governments after decades of empty promises.

Predictions of a tense Ramadan have already started to be realized. Libyan rebels are turning their weapons on each other, dimming hopes for the overthrow of leader Moammar Gadhafi.

Syrian security forces are escalating their crackdown on protesters, killing 74 people on Sunday, with violence only expected to intensify throughout the holy month.

Egyptian forces chased off dozens of activists yesterday who had refused to end four weeks of renewed protests at Tahrir Square to pressure the country's transitional military rulers.

In response to the pressure from a new round of protests, the judiciary is promising to put ousted president Hosni Mubarak, his security chief and his two sons on trial this week for a range of charges from corruption to ordering the killing of protesters during the uprising.

The hearings are to be carried live on state television, broadcasts that could easily outshine the Ramadan television serials that Egyptians love to watch during the month.

THE ASSOCIATED PRESS

IT is who you are
NOW HERE'S HOW TO MAKE IT YOUR CAREER...
NETWORK SYSTEMS ADMINISTRATOR
With the new NETWORK SYSTEMS ADMINISTRATOR program at CDI College, you can train for an exciting CAREER in Information Technology in just 45 WEEKS !
You'll LEARN real skills that are in demand, and you'll be ready for the industry's top certifictions, including:
CompTIA A+
CompTIA Network+
CompTIA Security+
Cisco Certified Network Associate (CCNA)
Microsoft Certified Technology Specialist (MCTS)
Microsoft Certified IT Professional (MCITP)
*Number of industry certifications varies by program
AND CHECK OUT THESE OTHER NEW IT PROGRAMS AT CDI COLLEGE:
NETWORK SYSTEMS ADMINISTRATOR
NETWORK SYSTEMS ENGINEER
COMPUTER SUPPORT TECHNICIAN
CLASSES START SOON
CALL: 1.888.654.4179
or VISIT: van.cdicollege.ca
CDI college
You Tube

Fast. Pray

▶ A Filipino Muslim woman enters a mosque to pray during the first day of the holy month of Ramadan in the south of Manila yesterday.

AARON FAVILA/THE ASSOCIATED PRESS

Ramadan underway

Religious authorities in most of the Middle East declared yesterday the start of the holy month of Ramadan, a period devoted to dawn-to-dusk fasting, prayers and spiritual introspection.

Somalis fast during famine

Muslims around the world mark sundown during the holy month of Ramadan that began yesterday with extravagant dinners after not eating from sunrise to sundown. That kind of nighttime celebration is unthinkable this year for most Somalis, who are suffering empty stomachs during the worst famine in a generation.

Despite the lack of food, for Somalis it's a matter of faith to participate in Ramadan's fast, though Islam allows the ailing to eat. Others are ashamed they don't have enough food for the sundown dinner.

The UN says 2.2 million are in peril in a region of south-central Somalia controlled by an al-Qaida-linked group. However, the International Committee of the Red Cross said yesterday it was now distributing food to 162,000 people in south-central Somalia — the first large-scale distribution in the region since the beginning of the year.

THE ASSOCIATED PRESS

JACQUELYN MARTIN/THE ASSOCIATED PRESS

▶ U.S. Senate Majority Leader Harry Reid has been pushing for a debt deal for weeks.

NYSE SURGES, SLUMPS

An early rally on the New York Stock Exchange lasted all of 30 minutes yesterday after a slowdown in U.S. manufacturing.

Minutes after the market opened, the Dow Jones industrial average jumped 139 points, but it fell 145 points after the Institute of Supply Management said U.S. manufacturing barely grew last month. The Dow later recovered some of its losses and was down 10.75 points at closing.

Analysts had expected stronger manufacturing growth. And many had expected the market to rally yesterday because President Barack Obama and the House of Representatives agreed to raise the U.S. borrowing limit by $2.1 trillion and cut at least $2.4 trillion in spending over 10 years. The measure must still gain approval in the Senate before it is signed into law.

THE ASSOCIATED PRESS

Restaurants 'zapping' sales records: Taxman

- 'Phantom-ware' being used to erase sales data, dodge taxes
- Fraud suspected in 34% of all electronic sales systems checked

One-third of Canada's restaurants may be cheating on their taxes by using sophisticated "zapper" programs and other software to hide their sales.

The Canada Revenue Agency has found an estimated $141 million in phantom sales that were deliberately erased in electronic cash registers to dodge taxes.

The widespread fraud was uncovered in a three-year pilot project that analyzed electronic sales data at 424 restaurants to find faint traces of sales that were wiped clean.

A team of 14 data specialists discovered at least 143 cases of suspected fraud, each with an average of $1 million in hidden sales. Much of the trickery involved hard-to-trace cash transactions such as paying employees and suppliers in cash while not claiming the expense.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar (BMO)
Closed for holiday	– 0.02¢ (104.64¢ US)
Oil	**Natural gas**
– 81¢ ($94.89 US)	1,000 cu ft $4.188 US (+ 4.3¢)
	Gold contracts
	$1,621.70 US (– $9.50)

The fraud has been detected so far only in the food-and-beverage sector, as well as at one grocery store in Quebec.

Restaurants that want to cheat often buy software with built-in hidden features, called "phantom-ware," that can remove sales records. Or they use stand-alone software — "zappers" — on a thumb-drive or CD that does the same work.

The federal agency detected the first "zapper" case only in 2006, in Vancouver. Revenue Quebec, on the other hand, has rooted out more than 200 "zappers" since 1997, and is considered a world leader in such investigations.

As of Sept. 1 last year, the Quebec government has required restaurants in the province to issue bills to their clients and to keep a copy of each bill, as a measure to fight "zappers" or "camoufleurs de ventes."

CRA spokesman Noel Carisse says two cases of zapping have been successfully prosecuted, resulting in fines and jail time, and charges have been laid in six other instances. Other cases are under investigation.

THE CANADIAN PRESS

ADVERTISING FEATURE

Practical Nurses Continue to Play Important Roles in BC's Healthcare System

Vancouver Career College is still accepting applications for the September start of its Practical Nursing program. This is a terrific opportunity for those looking to enter the growing healthcare field.

For the last several years Canadians have been concerned about the impact of an aging population on the country's healthcare system. As baby boomers enter retirement and more people require increased medical attention and healthcare assistance, the healthcare system is turning to licensed practical nurses (LPNs) to provide support in hospitals, long-term care facilities and care homes. Those looking for career opportunities in this high-demand field can gain the necessary education and credentials through Vancouver Career College's 51-week Practical Nursing program.

Students enrolled in the Practical Nursing diploma program will acquire with the theoretical knowledge and hands-on experience required on-the-job. Throughout the program, the college's industry experienced instructors will prepare students with the fundamentals of community health, gerontology and acute care.

"The Practical Nursing program at Vancouver Career College is an accredited program for dedicated individuals looking to play a role in our healthcare system," says Tara Moore, PN Coordinator at Vancouver Career College's Burnaby campus. "We offer courses in health, healing, nursing arts, human relationships, communication, and job search strategies that will help them in the field after graduation."

In addition, students complete several clinical practicum placements in a range of nursing fields and a final internship that will help ease their move into the professional world.

The Practical Nursing program meets the training standards established by the College of Licensed Practical Nurses of British Columbia (CLPNBC). Graduates will be prepared to write the Canadian Practical Nurse Registration Exam (CPNRE) and, upon passing, be eligible to apply for licensing with the CLPNBC.

Vancouver Career College is still accepting applications for the 51-week Practical Nursing program's September session at its campuses in Abbotsford, Burnaby and Kelowna. Program length may change for future sessions due to curriculum revisions.

If you're interested in learning more about the program call **1-866-306-6766** or visit **learn.vccollege.ca.** Join the conversation on Facebook **(Facebook.com/VancouverCareerCollege)** and Twitter **(Twitter.com/VCCollege).**

HEY — CAN I GET YOUR NUMBER?

SHE SAYS ...

JESSICA NAPIER
METRO

Last week, the popular men's lifestyle website Ask Men released the results of their fourth annual Great Male Survey.

The not-so-scientific study polled men in Canada, the U.S., Britain and Australia on various topics relating to sex, dating and relationships. The responses ranged from the predictable to the cringeworthy. Let's take a look at how our Canadian guys answered:

The Good: Thirty-eight percent think having a family is the ultimate male status symbol. Family values beat out all other signs of manhood including a high-profile career, beautiful girlfriend and a hot car.

The Bad: Fifty percent would dump a girlfriend if she became fat.

The Ugly: When asked, "At what point does a woman become sexually promiscuous?" Forty-one percent answered, "When she sleeps with her 10th sex partner."

"Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity... "

Is this where we're at, everyone? Sleeping with 10 people earns you a scarlet letter P? I guess women should be empowered to enjoy their sexuality ... but just not too much.

Notably (although, not surprisingly), the survey didn't pose the same question for the men. From this glaring absence we can assume that Ask Men didn't think it necessary to make an inquiry regarding the numerical value of a man's promiscuity (insert exaggerated eye roll). As much as I'd love to get into the double-standard argument, I'll skip the "why do we call women sluts while men get called studs?" speech for now.

Having the sexual-history talk with a new partner is a pretty awkward minefield. According to Ask Men, almost half of the Canadian men polled have lied about their number — either inflating or downplaying the total to protect their privacy, their ego or their partner's feelings.

The "how many is too many?" question comes up again in the soon-to-be released romantic comedy What's Your Number? In the film, the female lead spends 90 minutes trying to hook up with her ex-boyfriends in order to avoid making a new notch on her bedpost. This time around we're given a bit more leeway with 20 being the magic "too many" number, but the message is the same: for women, there is a limit when it comes to sexual encounters.

I have a lot of trouble with this need to classify people (both women and men) as promiscuous or prudish based on a number. Shouldn't we be taking into account age, lifestyle, religion, cultural background and a variety of other factors? That being said, should we even be trying to quantify sexuality at all?

Read more of Jessica Napier's columns at metronews.ca/shesays

Skaters build more than skills at Sidestep school

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

On Vancouver Island, a handful of passionate skaters are showing what people are really capable of when they hop on a skateboard.

Sidestep, a new skateboarding school, is building community through its skateboarding lessons. "We are here to break the social misconception about skateboarding by showing that the people in skateboarding can make a positive mark in this world," says pro coach Steven Munro.

While Munro has been a professional skater for 16 years, Debbie Qayum, the director of Sidestep, has only been skating for a few years but instantly fell in love with the sport and saw its potential to connect people.

Qayum says, "All kinds of people come together that would never meet or hang out and they have fun together doing this sport!"

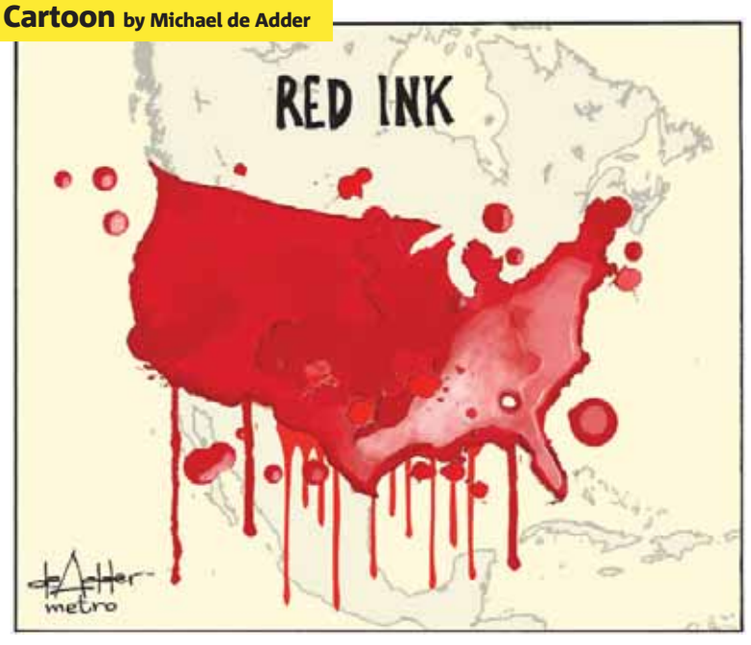
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@SuzanneAnton:** Happy BC Day everyone!! What a gorgeous day in Vancouver
- **@JodieEmery:** Definitely noticing food prices going up. It's worrisome that cheap garbage "food" is becoming the most affordable way to eat. Not good!
- **@MayorGregor:** Just awarded Milton Wong "Freedom of the City" - highest honour for #Vancouver http://twitpic.com/5z3urb
- **@DenniseStockh:** Dude brought his own chair for the #Skytrain. Awesome. #Vancouver #604 #yvr #translink tpix.me/cah
- **@joselinelai:** Anyone in #vancouver ever ate at the "roaming dragon" food truck?? I saw it on food network and it looks good!
- **@veronicaisablle:** My yoga teacher sings for the #Vancouver opera @ the end of our class, instead of a namaste, she sang an Italian song. #speechless <3
- **@kat_m_k:** Oh BC, how I love thee! Thank you for finally giving us some good weather Mother Nature #Vancouver #bcday #summersunshine
- **@DannyDanha:** ALERT!!! #Vancouver has run out of scotch after my cousins raided this town.

Cartoon by Michael de Adder



WEIRD NEWS

Police vehicle confused with batmobile?

Pittsburgh police say a man tried to carjack a plainclothes officer near the filming for the latest Batman movie — and allegedly told him it was part of the script.

Det. Robert DiGiacomo was in an unmarked vehicle around 7:15 p.m. Saturday, looking for a suspect in an assault.

That's when police say a man opened the car door, sat down and told the officer to get out.

The officer drew his gun and ordered the suspect, 21-year-old Micah Calamosca, out of the car.

He says the suspect told him he was part of filming for The Dark Knight Rises and that taking the vehicle was in the script.

MARK ANDERSON/FLICKR

Calamosca was taken into custody and faces a charge of robbery of a motor vehicle. THE ASSOCIATED PRESS

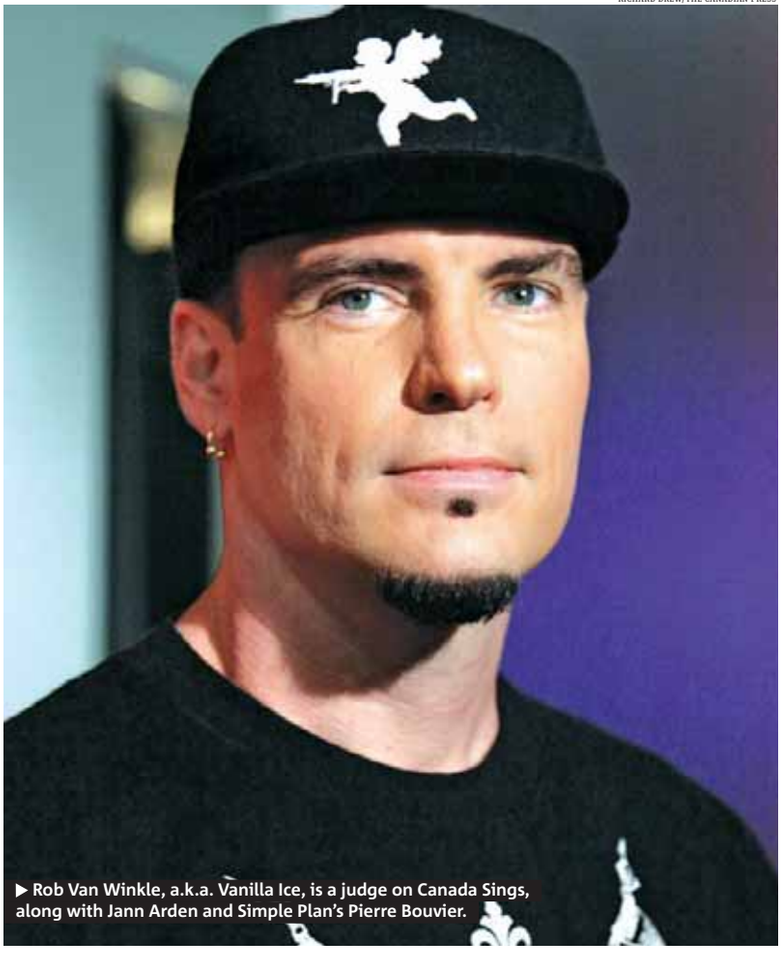
metro

METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Publisher** Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Not just another Idol

Canada Sings features ordinary workers performing Glee-level routines ◐ Judge Vanilla Ice sees a lot of untapped talent on new show

RICHARD DREW/THE CANADIAN PRESS



▶ Rob Van Winkle, a.k.a. Vanilla Ice, is a judge on Canada Sings, along with Jann Arden and Simple Plan's Pierre Bouvier.

Rob Van Winkle wants you to know that Canada Sings is not just another American Idol wannabe.

The 43-year-old singer and handyman, a.k.a. Vanilla Ice, joins Jann Arden and Simple Plan's Pierre Bouvier as judges on Canada Sings, which launches Aug. 3 on Global.

"We all know the impact American Idol has had all over the world, but this is a completely different show, very heartfelt," says Van Winkle. "To see some of these people get over their personal hurdles, it's very inspiring and uplifting."

While it seems like there is a different star search show launching every other week on TV, Canadians can't seem to get enough of them.

The Voice, America's Got Talent and So You Think You Can Dance Canada are among the biggest hits of the spring and summer. More talent shows are on the way, including the City spin-off Canada's Got Talent, the CBC's upcoming Cover Me Canada and Simon Cowell's highly-anticipated follow-up to American Idol, called The X Factor.

Canada Sings, however, is different from the rest. While it shares the familiar three-judge format and there is prize money (a modest, even by Canadian standards, $10,000 to charity), the show plays more like Undercover Boss than Canadian Idol.

After a six-month search, 12 teams of ordinary workers were chosen for the competition. Each of the six episodes features two teams going through an intense, week-long rehearsal led by choreographers Kelly Konno and Christian Vincent and vocal coaches Scott Henderson and Sharron Matthews.

Then, these collections of more-or-less amateur entertainers are thrust onto a stage where they are expected to perform a Glee-level song and dance routine.

The first episode features a crew of blue collar, junk-hauling West Coasters from 1-800-GOT JUNK versus The Zooper Stars, 12 animal lovers from the Toronto Zoo's Animal Health Care Centre. Much of each episode is spent getting to know these folks.

"We found, as we were shooting and editing, that this show really told us what it was about," says executive producer John Brunton, who has the talent search format down cold after producing Canadian Idol and Battle of the Blades.

Brunton says Canadians will relate to and might even fall in love with characters from the singing teams. Unlike Battle of the Blades, a huge hit in Canada but a harder sell internationally, Brunton sees all kinds of potential to export the Canada Sings workplace talent format around the world.

Then there are the endless built-in product placement opportunities. As on Undercover Boss, there are moments when Canada Sings borders on being an infomercial. The Toronto gang from the Keg Steakhouse and Bar, for example, should all get bonuses, and Air Canada and GoodLife Fitness are probably down with their employees getting national network face time.

Van Winkle says viewers should try and get past that skepticism and just embrace the positive aspects of the series.

THE CANADIAN PRESS

2 scene

Box office

Little blue Smurfs and not-so-little green men from space are in a photo finish for the No. 1 spot at the weekend box office.

According to studio estimates yesterday, Daniel Craig and Harrison Ford's sci-fi Western Cowboys & Aliens and the animated family adventure The Smurfs both opened with $36.2 million.

THE ASSOCIATED PRESS

For more Scene content, scan this code.

LASIK MD VISION
Why settle for old technology? Get LASIK!
Before Flat Screens
Before Laser Vision Correction
LASER VISION CORRECTION
Starting at
$490 /eye*
Financing Available
FREE Consultation: 1-877-663-9888 • www.lasikmd.com
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.
NEW! SURREY: 10340 152nd Street
VANCOUVER: 1281 West Georgia Street, Suite 101

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Rio

Genre: Animated
Director: Carlos Saldanha
Stars: Jesse Eisenberg, Anne Hathaway, George Lopez

Rio is like a samba act you wouldn't be caught dead listening to at home, but quite enjoy on vacation, especially with a tropical drink in hand.

This bird-brained tale is dim of plot but bright of animation, a rare example where 3-D actually enhances the experience — although it will play just as well on the 2-D screens in most homes.

The voicing isn't as colourful, at least for the main avian characters Blu and Jewel, played by Jesse Eisenberg and Anne Hathaway. But there's no reason to squawk too loudly about the film, which is made by the same people behind the Ice Age franchise.

Blu is a rare Brazilian macaw living in snowy Minnesota with his bookish owner Linda (Leslie Mann). His female counterpart Jewel still resides in her native Brazil — Rio de Janeiro to be exact. She lives with ornithologist Tulio (Rodrigo Santoro), who has come to an important realization: these birds must mate or their breed will die. PETER HOWELL

A Screaming Man

Genre: Drama
Director: Mahamat Saleh Haroun
Stars: Youssouf Djaoro, Diouc Koma

Set against the backdrop of Chad's 40-year civil war, as was writer/director Mahamat-Saleh Haroun's earlier film Dry Season, this heartbreaker of foolish pride unfolds like biblical parable. It deservedly won Haroun a special jury prize at Cannes 2010.

A father and son squabble over a job, leading to an act of revenge with unforeseen and terrible consequences. But when we first meet them, in a luxury hotel pool, it's impossible to imagine the schism to come. PETER HOWELL

WagJag.com DEAL OF THE DAY!

THE MAKER'S BODY RESURRECT YOUR BODY BOOT CAMP

Michelle After

Michelle Before

Buy For: $49

$49 FOR FOR NINE BOOT CAMP CLASSES, INCLUDING A RAPID FAT LOSS STARTER KIT FROM MAKER'S BODY BOOT CAMP (A $186.75 RETAIL VALUE)

HIGHLIGHTS
- Morning, lunchtime and evening sessions
- Unstoppable fat loss formula
- Starter kit includes home workouts ebook and 3 timed mp3 soundtracks

Regular Price: $186.75
You Save: $137.75
Discount: 74%

CURRENT DEALS

Buy For: $27

$27 FOR A CAR WASH CREDIT AT COQUITLAM WASHWORLD (A $60 VALUE)

HIGHLIGHTS
- Car wash services include a touch-free car wash, an extreme car wash, several scrubs and rinses and more
- Childen and dogs welcome to watch

Buy For: $35

$35 FOR A STRAIGHT EDGE SHAVE AND MASSAGE FROM MENZONE HAIR CO. (REG. $95)

HIGHLIGHTS
- Named Best Men's Salon by the readers of Readers Choice Awards four years in a row
- Fun, friendly, laid-back atmosphere
- Great gift for the men in your life
- Experienced and professional technicians

Visit: WagJag.com

Hurry to WagJag.com to purchase local deals before time runs out.

Don't quite get it yet? Visit WagJag.com

Follow us on:

facebook.com/wagjag
@wagjagvancouver

YOU COULD WIN a trip to Toronto to see NICKI MINAJ in concert on August 14th at the ACC!

To register and for full contest details visit clubmetro.com

Was singer preparing to become a mother?

The late Amy Winehouse was reportedly in the final stages of adopting a young girl from St. Lucia before she passed away in London last week

ALL PHOTOS GETTY IMAGES

Before her death, Amy Winehouse was reportedly in the process of adopting a 10-year-old girl from St. Lucia, where she'd spent much of 2009, according to the Daily Mirror.

"Amy was already my mother," the girl, Dannika Augustine, says.

"I would call her Mum, and she would call me her daughter. She took care of me, and we had fun together. I loved her, and she loved me."

METRO

PSSST...
DOWNLOAD YOUR FREE METRO ANDROID APP HERE
Android is a trademark of Google Inc.

Dish briefs

There's something about Alex

A GREAT CATCH. Despite breakup rumours last month, relations appear to be fine between Cameron Diaz and Alex Rodriguez, according to People magazine. Sources spotted the pair dining out in Miami over the weekend to celebrate the Yankee slugger's 36th birthday after cruising around the area on a yacht. "They sat near the water at Smith & Wollensky in Miami Beach and had a great time," a source says. METRO

Franco: Where is the love?

MONKEY TROUBLE. James Franco isn't feeling the love from the press, and he's worried his new film, Rise of the Planet of the Apes, will suffer for it. "Critics will be out to kill this movie and blame me for it just because they are out to kill me. Last year people were pretty nice. This is the year when people are going to have fun going after me," he tells Playboy magazine. "There are people who have it out for me for other things. They see me do this movie but really it's about something else."

METRO

Celebrity tweets

"All your facial features are on the lower bottom half of your head. Disturbing."

@JerrySeinfeld

@EllenPage

"i feel insane right now. like ashley judd in the movie about the bugs"

@JonahHill

"I bet if you asked Jay-Z to list his 99 problems he'd get stuck at around 4."

Arnold Schwarzenegger

Maria Shriver

Maria, Arnie make nice

Just because Maria Shriver and Arnold Schwarzenegger are in the midst of a contentious divorce battle doesn't mean they can't celebrate a birthday together.

Shriver showed up, along with the couple's two sons, to a dinner in L.A. for Schwarzenegger's 64th birthday, according to Us Weekly.

In fact, Shriver even covered the bill.

"Maria grabbed for it. She was already pulling out her wallet and gave her credit card to the waiter," a source says. "While she gave him the card, she also ordered Arnold an espresso."

METRO

EXPERIENCE THE DERMAL DIFFERENCE THIS SUMMER
We set the standard for safe and effective skin care. It's why we are an award winning company.
TRY OUR EXCLUSIVE SUMMER OFFERS AND EXPERIENCE THE DERMAL DIFFERENCE:
• Buy any 3 bikini laser hair removal treatments and receive 3 underarm treatments FREE* (a $387 value)
• Enjoy a facial smoothing microdermabrasion for ONLY $69* (that's a $56 saving)
Call 604.638.SKIN (7546) for a complimentary consultation or visit dermallaser.com
Over 13 years experience | Medical-Grade FotoFacial RF™ | Medical-Grade Peels | Skin Tightening
Physician-directed BOTOX® and Dermal Fillers | Laser Hair Removal | Microdermabrasion | Latisse®
Dermal LASER CENTRES
*Offer expires Sept 3, 2011. Does not apply to physician services, physician directed services or injectables. Not valid with any other offer. Micros cannot be pre-purchased. Ask in-store for details.
WINNER, EXCELLENCE IN LASER HAIR REMOVAL CATEGORY

3 life

ISTOCK PHOTOS

▶ Eating a small amount of nuts regularly is a great nutrition choice.

Go nuts

Large population studies have found frequent nut consumption to help people lose weight and decrease their risk for heart disease and diabetes, says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto.

CELIA MILNE

Not so nutty science

New study shows eating certain nuts can help manage Type 2 diabetes The nut mixture shown to improve blood glucose levels, help reduce cholesterol in those affected patients

CELIA MILNE
LIFE@METRONEWS.CA

It may sound nuts, but it's true. Even though they are full of fat, nuts could help control Type 2 diabetes.

"What's nice about nuts is that they are healthy and people enjoy eating them," says Dr. Cyril Kendall, a research scientist in the department of nutrition at the University of Toronto. "They are easy to eat as snacks or can be incorporated into a variety of healthy dishes. It would be best if they were used to displace less healthy foods in the diet … such as white bread."

To study the effect of nuts on people with Type 2 diabetes, Kendall and colleagues at St. Michael's Hospital and the University of Toronto divided 117 subjects into three groups: those who received a daily supplement containing muffins, those who received a daily supplement containing raw nuts, and those who received a daily supplement containing a mixture of muffins and nuts.

The nut mixture contained raw almonds, pistachios, walnuts, pecans, hazelnuts, peanuts, cashews and macadamias.

After three months, results showed that eating two ounces (about two handfuls) of nuts a day in place of a carbohydrate has two healthy effects: it helps improve blood glucose levels and also helps reduce cholesterol. The people in the study had Type 2 diabetes and were taking medication for it. These reductions — in blood glucose levels (which need to be controlled in diabetes in order to avoid complications) and cholesterol — were on top of that already seen with drugs. Reductions in cholesterol are good news, said Kendall, as this decreases risk for coronary heart disease. The study was published recently online by the journal Diabetes Care.

Scan this code for more Life content.

Learning from Amy

Cold turkey wrong way to quit the bottle, experts warn after details of Winehouse death

Alcoholics everywhere are being warned not to go cold turkey when trying to put down the bottle following reports singer Amy Winehouse ignored her doctor's advice to cut down on her heavy drinking gradually.

Britain's Sun tabloid is citing family sources as saying the 27-year-old Rehab singer died a week ago as a result of a seizure brought on by a sudden three-week abstinence from booze.

According to the report, the family believes her tiny frame could not cope with the loss of alcohol in her veins after many years of binge drinking.

Now, Canadian addiction specialists are confirming that such a dramatic withdrawal from drugs or alcohol can indeed prove lethal.

"To go to zero is extremely dangerous because the body develops a level of chemical requirement," said Rob Hadley, program director at the Vancouver Addiction Centre. "To not have that met, one literally does go into shock."

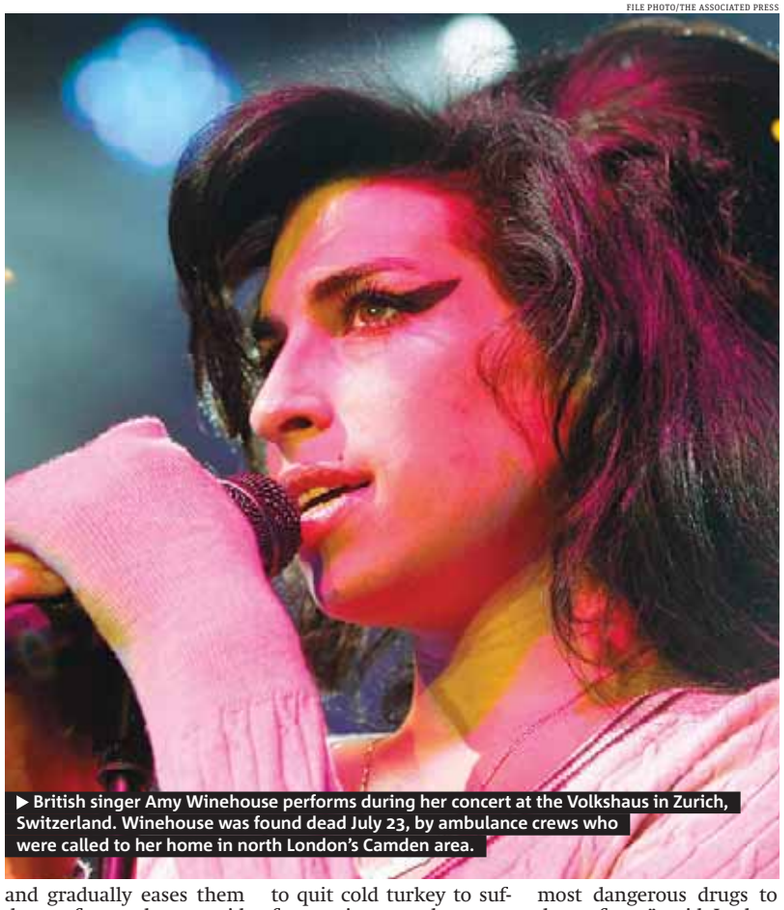
Quitting requires addicts to get treatment from professionals that will reduce dependency without risking their health, he said. The Vancouver Addiction Centre eases addicts onto less concentrated alcohols such as beer or wine for one to two weeks and gradually eases them down from there, said Hadley. Alcohol slows the heart down because it's a depressant, said Daniel Jordan, the director of the Sunshine Coast Health Centre. This can cause those who are attempting to quit cold turkey to suffer a seizure or heart attack. Unlike the Vancouver Addiction Centre, Jordan's facility gives alcoholics Valium in order to reduce the risk of injury in attempting to quit.

"Alcohol is one of the most dangerous drugs to detox from," said Jordan. "The chance of dying from a withdrawal from alcohol is actually much more dangerous than heroin."

Addicts should only continue drinking alcohol to ease themselves off of their dependency if they don't have access to a hospital or an addiction centre where they can get help, said Jordan.

THE CANADIAN PRESS

FILE PHOTO/THE ASSOCIATED PRESS



▶ British singer Amy Winehouse performs during her concert at the Volkshaus in Zurich, Switzerland. Winehouse was found dead July 23, by ambulance crews who were called to her home in north London's Camden area.

Addiction

Winehouse, who was found dead in her London apartment last Saturday, had struggled for years with drugs and alcohol.

Details She had managed to quit her drug dependency three years before her death, her father said at her funeral. But Mitch Winehouse also said she was struggling to control her drinking after a few weeks of abstinence.

Canada unaffected by new dose

Johnson & Johnson is reducing the maximum daily dose of its Extra Strength Tylenol pain reliever in the United States to lower risk of accidental overdose. The company's McNeil Consumer Healthcare Division says the change affects Extra Strength Tylenol sold in the U.S. Labels on the U.S. bottles will now list the maximum daily dose as six pills, or a total of 3,000 milligrams, down from eight pills a day or 4,000 milligrams.

The change does not affect Canada.

The maximum daily dose for Extra Strength Tylenol in Canada is eight pills or 4,000 milligrams per day. THE CANADIAN PRESS

Do you have Type 2 Diabetes?

The University of Victoria, Centre on Aging, Ladner Office, is conducting important research on self-management programs and needs individuals over 21 who live with Type 2 Diabetes for their study.

Programs available in various Lower Mainland locations. A remuneration will be provided.

If you would like to receive the program and participate in the study please call: Natalie Gauthier at 604.940.9496 or by email: n.gauthier@eastlink.ca

University of Victoria | Centre on Aging

RESEARCH STUDY
DO YOU HAVE ARTHRITIS? ARE YOU EMPLOYED?

WE NEED YOUR HELP!

We are looking for adults aged **25 - 65 who have arthritis** and are **currently employed** to complete a short research questionnaire and telephone interview.

For information about this important research, please call **Jessi** at the Arthritis Community Research & Evaluation Unit (ACREU), University Health Network.

Toll Free: 1-866-724-0003

ACREU | University Health Network

SLIM DOWN!
SHED A POUND A DAY!

LOSE IT FAST !! HCG DIET!!

4 fl oz (120 ml.) Lasts up to 6 weeks!!

✔ **Our product can help control your hunger by releasing fat.**

✔ **Our product helps resets your hypothalamus so that your weight reduction is long term.**

✔ **Our product can help re-sculpt your body by tightening up skin when weight is lost.**

CONTAINS: Purified water and ancient sea salts that are electromagnetically encoded with HCG's frequency signature. Our product contains absolutely no HCG hormone.

Mention this ad and receive $20.00 Off!!!

CONTACT: Breanna Watkins Cell # 778-987-4456
www.hcgslimdowndiet.com

All hail Hawksworth's eats

Hotel Georgia's new restaurant continues to live up to all of that hype

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Flawless, seamless, masterful. I set out for a TGIF lunch at the sparkly new Hawksworth Restaurant with these weighty adjectives in mind.

Each of them have been used in reviews of Vancouver's new fine-yet-casual-cool dining hotspot.

Hawksworth
801 W. Georgia St.
hawksworththerestaurant.com
Social lunch: Yes
Client negotiations: Yes
Price range: $18 - $24
Rating: 4.5 out of 5

ERIN IRELAND

Flat Iron Steak ($24)

Naturally, my hopes were soaring.

Sitting in the Pearl Room, with its gleaming, textured walls, is a glamorous experience in itself.

As for the meal (this may sound redundant) — it was as stunningly delicious at it was aesthetically pleasing.

The well marbled Flat Iron Steak — surrounded by a moat of smoky tomato sauce and small heaps of watercress — was folded and arranged in a perfect queue of seven. I mournfully counted down as they disappeared.

Though I ordered the meat rare, a notch above turned out to be superb.

On my list for next time, an item whose description alone is likely to cause salivation: Tomato Gazpacho with lobster, olive oil cotton candy, and sourdough.

THE CANADIAN PRESS H/O

Yogurt Panna Cotta

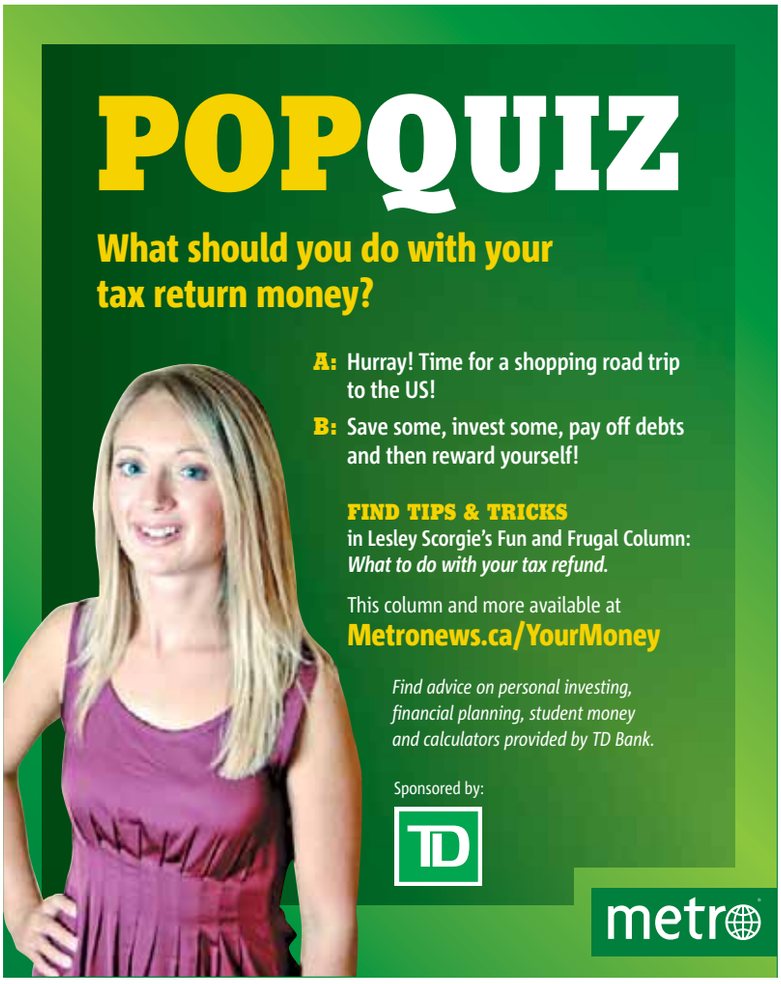
Preparation:

1. Preheat oven to 180 C (350 F). Bake almonds until golden, about 10 minutes.
2. Into small bowl, pour water and sprinkle gelatin over it. Let sit for 10 minutes.
3. In heavy saucepan over medium-high heat, simmer cream and sugar, stirring until sugar dissolves. Add almonds; mix with hand blender. Remove from heat and let sit for 10 minutes. Add gelatin mix and stir with whisk until dissolved. Strain almond cream into yogurt and add vanilla.
4. Divide mix among 8 custard cups. Cover and chill overnight. Run knife around edge of each cup to loosen. Set each cup in shallow bowl of hot water for 10 seconds. Invert onto plate. THE CANADIAN PRESS/ LIBERTE YOGURT

Ingredients:

- 125 ml (1/2 cup) sliced almonds
- 50 ml (1/4 cup) water
- 12 ml (2 1/2 tsp) unflavoured gelatin
- 300 ml (1 1/4 cups) whipping cream
- 125 ml (1/2 cup) sugar
- 500 ml (2 cups) plain low-fat yogurt
- 5 ml (1 tsp) vanilla

There are better ways to make your voice heard
What's the point of making a statement, giving a speech or even talking if no one is listening? Join the METROPOLITAN PANEL and have your voice heard by the readership of the world's largest newspaper.
Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!
metropolitanpanel.ca
Metropolitan Panel


POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Sponsored by:
TD
metro

RACKING UP EXPENSES FOR WORK

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

I polled 20 to 40-somethings throughout July on what they spend on work expenses annually.

The responses indicate that most incur thousands of dollars in costs to 'look the part.'

For example, a landscaper buys heavy duty boots and commutes long distances, an IT consultant might work from home and invest in a home office, and meanwhile a lawyer travels often and purchases expensive suits.

Save money on commuting expenses by taking public transit, switching to an alternative fuel vehicle, or carpooling.

Transit passes are eligible for a 15 per cent tax credit at transitpass.ca.

MoneySense calculated that a couple could save almost $600 per month by moving out of the suburbs and closer to the core if they work downtown.

Not only would they pay less in car maintenance and fuel expenses by walking or biking into work, but they'd spend far less time commuting.

Work attire can be purchased at deep discounts by buying in the 'off' season, on sale or at outlet malls.

Often times, designer labels are more than 50 per cent off the rack.

If your suit needs 'tweaking', take it to a tailor and have it customized for $50.

By sticking with classic fits and fabrics, you'll avoid premature replacement when fashion trends change.

You can spruce up nearly any outfit with an inexpensive colourful shirt or tie.

ISTOCK

▶ When buying heavy-duty work clothes, check whether your employer has a preferred 'outfitting' store with employee discounts.

I'd recommend buying unique accessories, like broaches or bags, from local artisans.

When setting up a home office, look for clearance sales on desks and computers.

I saved $2,000 on my home office by hitting up a 'going out of business' sale.

Don't be afraid to buy book shelves, desks, chairs or electronics second hand off Kijiji or EBay.

Many home office expenses qualify for tax credits.

Work expenses are largely unavoidable.

But, be savvy and frugal by spending on work items that enhance your personal brand.

'Just in case' money

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Canadians are continuously bombarded by headlines about record personal and family debt levels, doubts about the long-term solvency of many pension plans and the far-from-robust employment picture. All this has created unprecedented pressure to pay down debt, and save for education and retirement.

Of course, it's a very good idea. And Canadians are taking it seriously as the accumulation of household debt has slowed and our net savings rate has risen from almost zero a couple of years ago to just under four per cent of income today.

But the problem with paying down debt and boosting savings is that most lives are not linear. The ups and downs of living have kiboshed many a savings and debt payment plan.

My family was rocked 20 years ago when our youngest, Quinn, then four, almost died from meningitis. She survived but ended up profoundly deaf. We lost a year of income, which is tough to recover for anyone, let alone freelance writers.

I can't think of a friend or family member who hasn't fallen victim to one of life's vagaries. Often those events meant detoured careers and postponed retirements. Unfortunately, many of them had no ready funds to draw on, so they were forced to dip into their RRSPs or their kids' RESPs (registered education savings account.)

Consider building emergency funds (a TFSA is a great place to park the money) into your savings plan. If you experience an unexpected expense, what you've saved will help cushion the blow.

YOU CAN'T GO WRONG WITH THE GIFT OF WINE

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Charles:
I've been invited to a friend's cottage for the weekend. It will be the first time that I meet his extended family. What kind of gift is appropriate for a two-night cottage visit?
Gisele

Dear Gisele:

First, good on you for wanting to bring something! You will never go wrong with any one of the following items: fresh potted flowers in bloom, a homemade dessert, a bottle or two of good wine, a basket of freshly picked berries, a selection of the latest magazines or a few DVDs for a rainy day.

All of the above items are to be left behind regardless if they are used or not.

Remember, any item should have a little card from you saying thank you for the invitation and how much you are looking forward to a wonderful weekend and meeting everyone. Have fun!

ISTOCK

Where is the line between being well-mannered, and simply faking it?
Just sayin'

Dear Just Sayin':

What a great question! A well-mannered person always puts themselves in someone else's shoes first and never attempts to belittle others or make them feel badly.

One of the absolute golden rules of etiquette is to make others feel good.

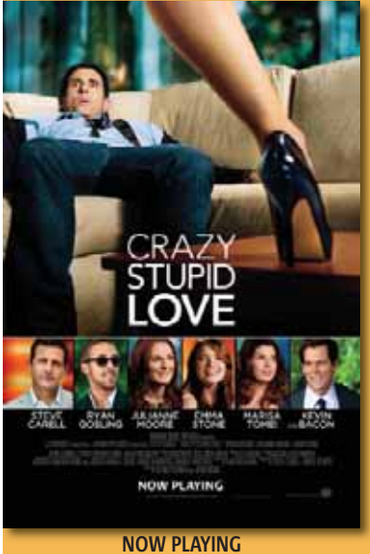
Someone who is polite and well-mannered will always do their best to make others around them feel comfortable, no matter how awkward the situation.

Someone who is false or disingenuous doesn't worry about others' feelings or making others feel comfortable in social situations. These people rely on what they see in the movies and on television for their cues to good manners and proper conduct.

In practice, however, nothing could be further from the truth!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

SINGLE IN VANCOUVER?
REIGNITE Your Social Life!
Meet other single professionals in a FUN and RELAXING atmosphere.
Enjoy the journey to making new friends.
Join us for: Concerts • Volleyball • Horseback Riding • Wine Tasting
Jet Skiing • Moonlight Cruises • Exotic Trips & much, much more.
800-386-0866
www.eventsandadventures.com
Events and Adventures makes meeting other singles ENJOYABLE and EXCITING...
...SO WHAT ARE YOU WAITING FOR?
Kick Your Social Life into HIGH GEAR!
Events & Adventures™
The Best New Way to Meet Singles!



YOU COULD WIN a run of engagement pass for two to see CRAZY STUPID LOVE
NOW PLAYING
www.crazystupidlovemovie.com
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

metro
metronews.ca
TUESDAY, AUGUST 2, 2011

CONTINUING EDUCATION

STOCKBYTE/THINKSTOCK

▶ Emily Carr University of Art and Design has a new advanced study certificate program available.

Emily Carr ready for advanced students

Certificates can be acquired in either painting, drawing or illustration while exploring contemporary issues

SAM SMITH
FOR METRO

Emily Carr University of Art and Design has a new advanced study certificate program ready for students to explore.

A certificate can be acquired in either painting, drawing or illustration.

An expansion of the popular Certificate in Fine Arts Techniques, this program offers a look into contemporary issues in art, as well as learning the fundamentals of materials. In the advanced section, students will expand this knowledge and dive into the history and practices of art.

There will also be courses to help bolster the students' knowledge of writing skills and marketing trends, to name a few.

With a wide range of media at hand, Emily Carr is now accepting students for the fall semester.

To learn more, visit ecuad.ca/programs/cs/certificate/asc.

STOCKBYTE/THINKSTOCK

▶ Gather around and learn how to watch cult films with Capilano University's Midnight Madness and Cult Film course.

Continue to add to your resumé

Need to know the value of a home and want to get paid to give people your opinion on theirs?

Then Douglas College's new Home Inspector certificate program is for you.

The program is designed to give you the skills to inspect and examine a home for all of its pros and cons.

By the end of the program, you will be able to provide accurate knowledge of a home's value and communicate that to a client. The program features 10 courses and progresses in a step-by-step process so each student learns the specifics of what to look for.

The program is split 50/50 in-class and home studies, learning from industry professionals.

To learn more, visit douglas.bc.ca.

Langara ready to certify

Put your skills to the test in Langara College's Microsoft Office Specialist and Adobe Certified Associate exams.

This computer technology course is designed to certify those looking for credibility in the computer technology workforce.

Students can either take the courses with instructor Anu Kumar, or challenge the exam right away. In an increasingly competitive world, it never hurts to have a little more to add to the resumé to show employers you have the skills and expertise to get the job done.

For more, visit langara.bc.ca.

SAM SMITH

Capilano screens classics for cult movie aficionados

Course teaches how to watch films

Capilano University is offering a unique opportunity to learn about cult films and, yes, how to watch them. In this Midnight Madness and Cult Film course, students will learn how to celebrate and appreciate cult film.

Don't know what props to bring to a screening of the Rocky Horror Picture Show? Don't worry. This course is designed to introduce and help explain the phenomena of cult films.

This course covers Harold and Maude, The Rocky Horror Picture Show, Plan 9 From Outer Space and more recent inductees such as Donnie Darko and The Human Centipede.

This course will also cover the infamous hits known as The Room and The Big Lebowski.

For more, visit capilanou.ca/ce/north-shore/film/#midnight-movies

SAM SMITH

Open House
August 3rd
PCU COLLEGE OF HOLISTIC MEDICINE
Join Us for an Open House Event
• Meet the instructors
• Receive a guided tour of the campus and the Holistic Healing Centre
• Learn about our programs:
Traditional Chinese Medicine • Spa Practitioner • Esthetician
Join Us August 3rd - 6:00 pm to 8:00 pm
Check in: 5:30pm Sharp!
Please RSVP: 1.800.764.1858
van.pcucollege.ca
100-5021 Kingsway, Burnaby
Attendees are eligible for $150 TUITION DISCOUNT Upon Enrolment

HILLTOP ACADEMY
FITNESS LEADERSHIP DIPLOMA PROGRAM
BECOME A PERSONAL TRAINER
• Receive Your Diploma In Under 5 Months
• Earn Up To $70/Hour
• Govt Financial Aid May Be Available
$100 New Balance Shoes Voucher to all Students
HILLTOP ACADEMY
(604) 930.8377
www.hilltopacademy.ca
PCTIA

YOUR PATHWAY to University
APPLY NOW FOR FALL SEMESTER
Fall semester Sept 12 – Dec 16, 2011
■ First & second year university programs for transfer to University of British Columbia, Simon Fraser University, University of Victoria and other major Canadian universities
■ Associate of Arts and Associate of Science degrees
■ University Foundation Programs (Grade 11 and 12)
■ Academic ESL Program
International students in a university program at Columbia College may work part-time (up to 20 hours per week) while studying at Columbia College.
For further information, contact:
Admissions Office, Columbia College
100-555 Seymour Street
Vancouver, B.C. V6B 6J9
Tel: 604 683 8360 Fax: 604 682 7191
Email: admin@columbiacollege.ca
COLUMBIA COLLEGE
Founded 1936
www.columbiacollege.ca

DRAKE MEDOX COLLEGE
Tired of low paying jobs?
Train to be a Health Care Assistant at Drake Medox College
Rated A+ by our students & graduates!
SCHOLARSHIPS ARE AVAILABLE
Health Care Assistants:
• Are in high demand • Earn good wages
• Have flexible schedules
Bring in this ad, and save an additional $400* off your tuition on August and September 2011 start dates, full time and part time.
* Not valid with other discount offers.
PCTIA
604.629.0196 | www.drakemedoxcollege.com
210 – 535 W 10th Ave, Vancouver

ISTOCKPHOTO/THINKSTOCK

▶ More schools are offering courses on how to navigate and use social media for business purposes.

Digital demand is on the rise

There's a growing trend for students to learn more about social media

JON TATTRIE
FOR METRO

Trending areas for people heading back to university or college this year are broadly split between two categories: Those in mid-career who want to advance or switch paths; and those who are looking to start a professional career from scratch.

Peter Moroney, director of professional programs at the University of British Columbia, says they are seeing high demand for programs teaching sustainability management, business analysis and social media. The last is especially popular with business people either wanting to get to grips with YouTube, Twitter and LinkedIn, or learn how to use them as part of a communications strategy.

"There are job postings for people specifically focused on managing the digital communications," he says. "It's a growing trend for companies using it internally among employees and departments and also with customers or prospective customers."

Pat Lychak, academic manager of online learning at Algonquin College, says social media courses are hot at her Ontario school.

Also popular is sustainability education for kindergarten to Grade 12 school teachers, early childhood education and an autism and behavioural sciences program.

"We're finding many of our registrants are coming from places like Saudi Arabia, Dubai, as well as Canada," she says. "We have registrants coming out of high school as well as individuals looking for a second career."

Steve Andrews, program director at Dalhousie University, says their most popular courses in continuing education are pathways to university and professional development.

ESL (English as a second language) brings non-English speakers up to speed ahead of university studies and the Halifax school's vaunted Transition Year Program targets First Nations and African-Canadian people from non-educationally focused backgrounds to allow them to get up to speed.

Dalhousie also sees demand for specific university prep courses.

"(For example) someone who wanted to start off in engineering, but didn't have their calculus from Grade 12, they can do those courses," Andrews says.

The other popular stream is professional development for career growth or change.

Hot courses include leadership, financial management, human resources, occupation health and safety, and IT.

"They're quite generic and can be applied across many different industries, whether it's private or public sector," Andrews says.

Tailored courses

Universities and colleges also tailor courses for specific employers. Dalhousie University works with local gaming companies to design courses that will teach students the skills they need for jobs at the company. The companies get qualified workers and students know jobs are waiting for them.

JOHN HOWARD/LIFESIZE/THINKSTOCK

▶ The key to juggling a hectic pace that may include school, family and work is time management.

Plan ahead and time can be on your side

Try to break down your schedule into daily, weekly and monthly plans

ALEX NEWMAN
FOR METRO

Some might say Anjana Magpu is an overachiever: Director of a private clinic, single mom to a teenager, and studying not just for her masters in social work, but a full course of French at Alliance Francaise.

Magpu, however, doesn't look at it that way.

"I pretty much take each day as it comes, and, fortunately, I work really well under pressure. I may not have much social life, but I take time for myself — to read a good book, or sleep in when I need it."

Magpu is not alone. Countless students are handling work and family commitments while they study. Of the 38,000 enrolled at Calgary's Athabasca University, considered the largest distance education facility in Canada, a staggering 81 per cent hold down full-time jobs, and many have families.

Michael Shouldice, Athabasca's senior recruitment officer, says the university provides online tools to prepare students for what lies ahead.

He recommends they come to it knowing what they like, because that "will motivate you through the hard work."

Career counsellor Marlene Haley has many clients in the same juggling boat while they retrain for the career of their dreams.

The key, she says, is good time management: "Work is work and defined, but juggling the house, child care and study is where it can get dicey and you have to be disciplined."

But first you need to know what you're dealing with, says Haley, who regularly prepares clients through her company Find Work You Love.

That means boning up on study skills, speed reading, and exam writing before the first class.

Once you're in the thick of things, break down your schedule into daily, weekly, and monthly plans.

"If the going gets really tough," Haley adds, "break it down even further into hourly plans — you'd be surprised what you can get done in 15 minutes. Then monitor the plan to see how it's working, and whether it needs modifying."

She also suggests knowing when you work well, and using that productive time to accomplish the important things, rather than letting it dribble away.

It's your time

- Get the hang of school before loading up on multiple courses. Realistically, you can expect two to three hours of homework for every class hour.
- If money is short, look into financial assistance through OSAP (Ontario Scholastic Assistance Program), awards the university may have, and even checking out banks and insurance companies that can offer scholarships awards.
- Take time for yourself: Exercise releases endorphins to stay positive.
- A healthy diet prevents sluggishness. Meals cooked in bulk, then frozen, ensure healthy food for you and the family, and saves time.
- Take advantage of lineups and commuting to read or listen to recorded lectures.

Advertorial

Who else wants to
UPGRADE THEIR EDUCATION?

Upgrading your value in the job place is an important move to make because the changes that come with our digital economy are inevitable. Many skilled professionals are losing value in the workplace because their literacy in information and communication technology (ICT) is lagging behind. Here's what the Conference Board of Canada, an independent not-for-profit research organization, thinks we need in order to adapt:

9 basic skills for the digital workplace

- Using computers, technology and information systems effectively
- Understanding and ability to use prose (reports, letters, equipment manuals, etc.)
- Communicating effectively
- Understanding and ability to use documents (creation, file-sharing, etc.)
- Understanding and ability to use numbers by themselves, or with charts and tables
- Thinking critically and acting logically to solve problems and make decisions
- Ability to build and work in teams
- Positive attitude towards change
- Willingness and ability to learn for life

E-learning: a quick way to increase your workplace competencies

It doesn't take rocket science to realize that if you don't have the skills to adapt to the new technologies that are being developed in your field, you may become dispensable to your company. As a result, if you want to increase your worth in the workplace, you have to increase your workplace competencies.

Realistically, not all of us can simply quit our jobs, commute or leave our kids home to go back to school full time. This is why e-learning has become increasingly used as online learning solutions that can adapt to your lifestyle, save you time and upgrade your education.

Yes, you can upgrade your education from home. Yes, you can raise your hand in a virtual class, and no, your teacher will not see you in your pyjamas!

Some people are reluctant to consider e-learning because of its virtual nature. The fact of the matter is that with a quality online program, students can expect the same treatment as in an on-campus school environment. Attendance for virtual classes are mandatory and the program curriculum follows a typical academic calendar complete with start and finish session dates, class time, formative evaluations, homework, projects and even internships.

The highlight of learning online is that you don't have to go anywhere. From home, you can attend a virtual class and actually raise your hand, speak to the teacher and your classmates, write on an interactive whiteboard and share files with your peers.

The secret of successful studies online

Part of an e-learner's success lays in the quality of the online program. Make sure that the program you chose is accredited and has clear course objectives. Because a lot goes on in the production of an online course, quality has to be a priority every step of the way. From writers to graphic designers, programmers, translators, techno-pedagogical specialists and subject experts, it takes a multidisciplinary team to deliver an online program that meets ministry standards.

Also be sure that the online school you chose has at your disposition technical support services. The last thing you need is to be stranded at home without the technical support you need. Make sure you can actually reach a person who can help you out.

Regardless of the school you choose, take the time to shop around and find a program that suits you best. Here are a few questions you can ask yourself to make the best decision:

- What other fields related to my current competencies interest me?
- Do I have the skills to work in that related field?
- Will this online program give me skills I can use immediately to upgrade my value in the workplace?

The best part is walking away with a diploma you can be proud and having an upgraded skill set directly applicable in the workplace.

visit lasallecollegevancouver.com
for more information about our online programs.

48958 0802

Put pen to paper with UBC courses

Improve grammar, journal writing

If you aren't available to reach a classroom because of a tough schedule, it might be best to do things on your own time with an online course.

UBC is offering its Getting Ahead With Grammar online course to help fill in the blanks and much more.

This course features guided, interactive lessons, frequent practice, and community forums for postings and feedback.

The first part of the course focuses speech and dissecting sentence structure. It will then expand into specifics, such as punctuation, spelling and techniques.

The course promises you will be able to produce clear and concise prose when completed.

For more, visit writingcentre.ubc.ca.

UBC opens up with new Journal Writing program

Dr. Marlene Schiwy heads the new Journal Writing program at the University of British Columbia.

In this course, students read and discuss excerpts of Marion Woodman's work and use her skill and insight to inspire their own journal writing.

Topics range from creativity to the significance of dreams, down to the serious topic of addiction in our times.

There is only room for 12 students in the class, so signing up sooner rather than later can help insure a spot. For more, visit writingcentre.ubc.ca.

SAM SMITH

COMSTOCK/THINKSTOCK

▶ UBC is offering courses to help you improve your grammar and journal writing.

DO it AFTER WORK.

PART-TIME STUDIES AT BCIT

Busy after work? You can always take classes on the weekend, online or by distance. It's up to you.

Visit bcit.ca/pts and register now.

SCAN WITH YOUR SMARTPHONE

BCIT | It's your career. Get it right.

Old School

Adler School

Information Session
Saturday, August 13th
1:00–2:30pm
RSVP to
vanadmissions@adler.edu

One-on-one dialogue is a start, but it's not enough to tackle society's most complex problems. Powerful solutions require multiple perspectives. That's why the Adler School is training tomorrow's psychology practitioners to bring more voices into the conversation. Apply today—and empower communities to speak up. **adler.edu**

Leading Social Change

Master of Arts in Counselling Psychology
Master of Arts in Organizational Psychology
Master of Arts in Community Psychology

Flexible weekend, day and evening formats and scholarships available.

SUITE 1200 1090 WEST GEORGIA STREET
VANCOUVER, BC V6E 3V7
604-482-5510
VANADMISSIONS@ADLER.EDU

ADLER SCHOOL of Professional Psychology

Simon Fraser fits school into your life

SAM SMITH
FOR METRO

SFU NOW is a new feature for the university's downtown campus, focusing on fitting school into your busy schedule.

This program has been developed for people who work 30 or more hours a week and allows them to take undergraduate courses to complete a bachelor of arts degree in many fields. This includes online, day, evenings or weekend courses, depending on your lifestyle.

You may also take as many or as few courses as you desire, and be given priority registration before other SFU students.

Enjoy the same benefits as a full-time student and complete your degree on your time.

For more, visit sfu.ca/cstudies/sfunow/

Langara College puts paws to the test

Dr. Jill Taggert has a passion for pets and she is passing that along in her new continuing studies program of pet wellness.

The program is an overview of pet psychology, health, laws and more to allow her students to make the most out of their furry friends.

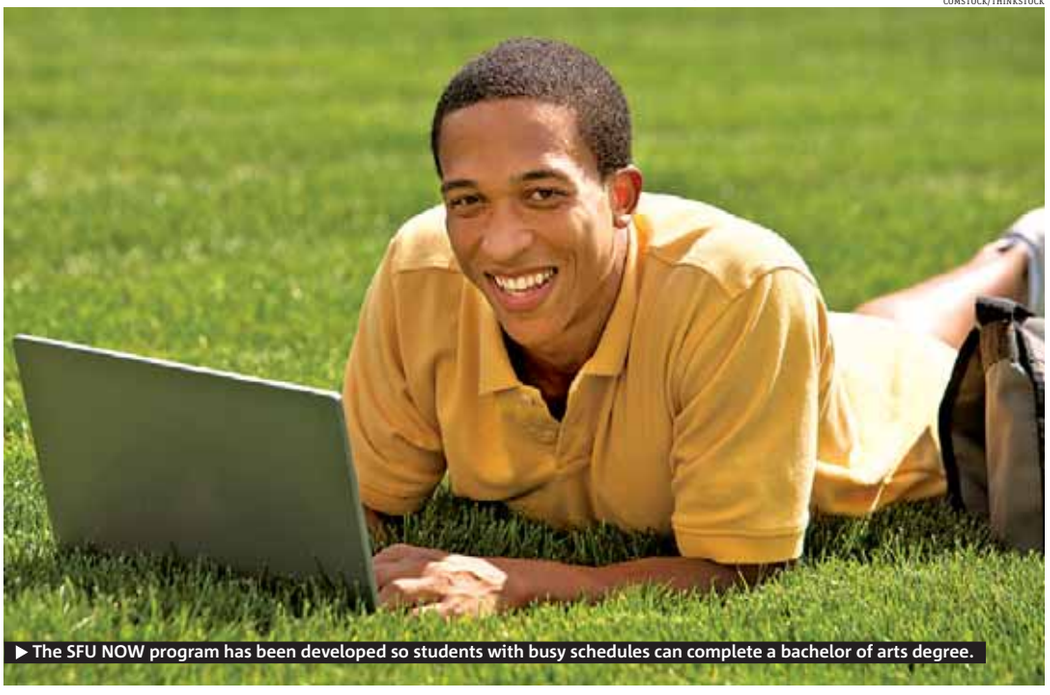
In this six-course program, Taggert promises to make the most for dog walkers, trainers and dog handlers looking to expand their knowledge and credibility.

The course is part time and anyone is eligible to enrol as long as they are fluent in written and spoken English.

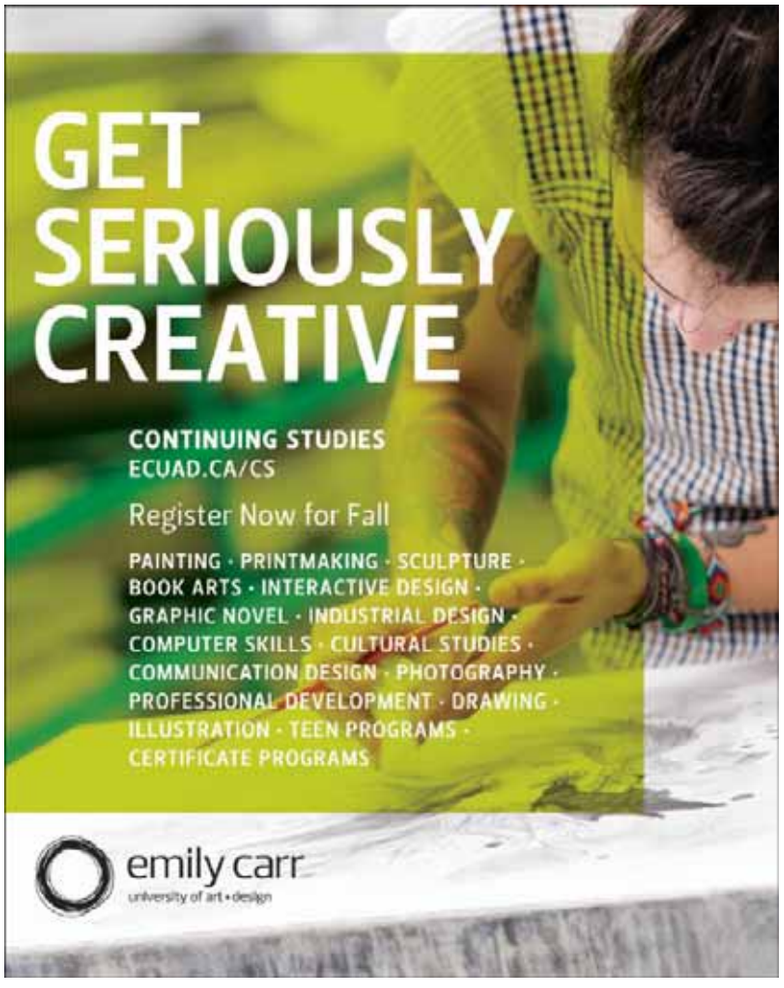
At the completion of the course, each student will receive a certificate for this new program.

For more information, visit langara.bc.ca.

COMSTOCK/THINKSTOCK



▶ The SFU NOW program has been developed so students with busy schedules can complete a bachelor of arts degree.



Flexible.

Like you.

Once upon a time, you couldn't use the words 'university' and 'flexible' in the same sentence. Well that's not the case anymore. With year-round admissions, monthly start dates and online courses to fit your schedule, **Athabasca University** is ready when you are.

Learn more at
www.athabascau.ca.

Athabasca University

Do your homework before enrolling

Going back to school? Check if you can gain credit for past experience Programs can be made to work for you

JON TATTRIE
FOR METRO

ISTOCKPHOTO/THINKSTOCK

▶ Universities and colleges will work with you to accommodate your needs.

Because continuing education draws on mature students, universities and colleges work with the assumption the student is qualified and try to accommodate them.

Trevor Adams, program director for continuing education at Halifax's Saint Mary's University, says potential students should check out the institution's website and call to book a meeting with an administration officer.

"Some universities or colleges will give you credit for life experience. If you've been a manager at a bank, or whatever, there is some value in that work," he says. "Leave no stone unturned. (Students) may assume they need to start at level zero, when, in fact, you could be getting credit for your first year of your new program."

Peter Moroney, director of professional programs at the University of British Colombia, agrees.

"One of the advantages to continuing education is there tends to be lower barriers to entry," he says.

"There's a strong ethic of people self-selecting. The goal from our end is to provide as much information as possible so people can make an intelligent choice."

Some courses require specific qualifications — undergrad courses or work experience.

Sitting down with an admissions officer can help you see how your life and work experiences can be made to fit into the prerequisite.

If a student is missing specific high school or post-secondary prerequisites, the institution can often arrange for the student to take that course.

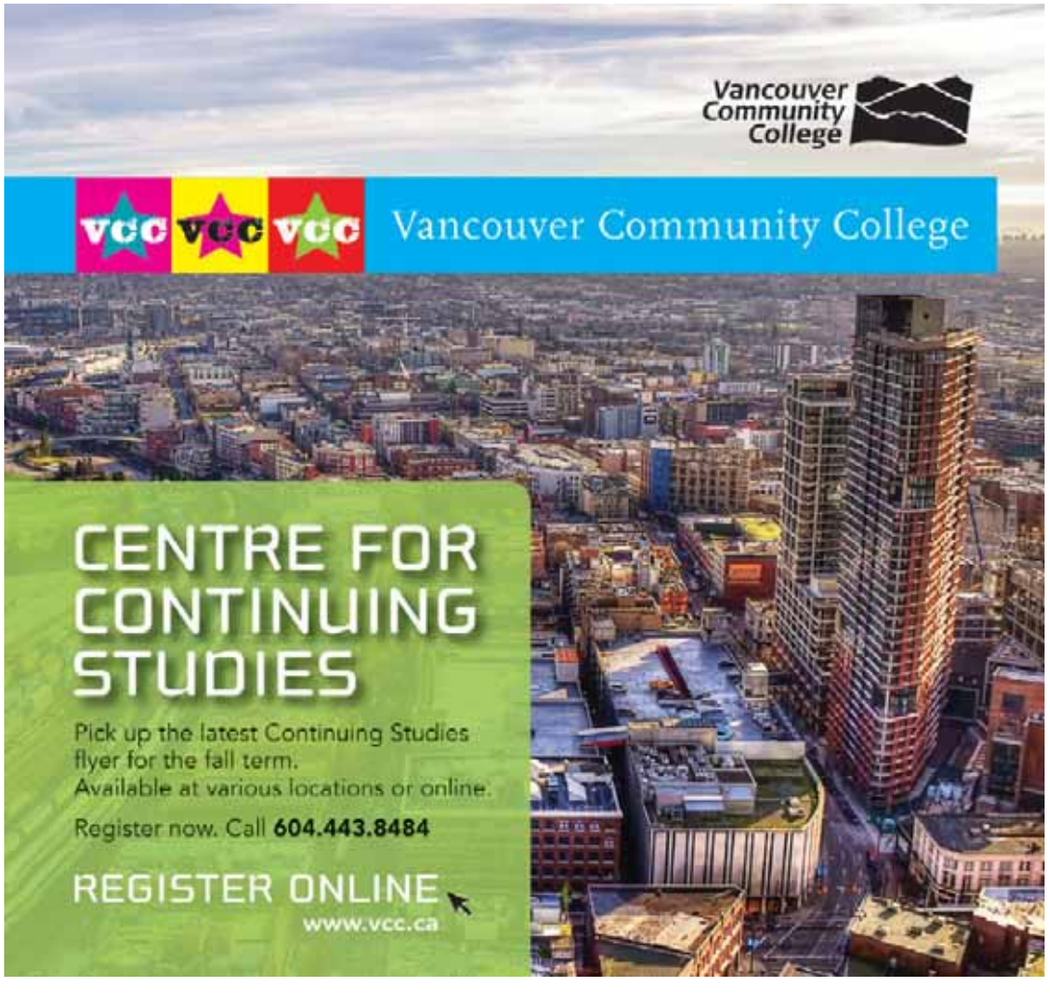
Moroney says that, basically, if the program is right for you, and you're right for the program, it can be made to work.

Pat Lychak, academic manager of online learning at Algonquin College, says that by using online tools, adult students with jobs and families can fit studying around their busy life.

"We offer them choices and it's all about flexible learning," she says. "It's about being able to learn anytime, anywhere."

Diploma mills

We've all seen ads for online learning that promise cheap courses for lucrative careers. Diploma mills will take your money and offer you certificates, but it literally won't be worth the paper it's printed on. If the school doesn't have a street address, has a name similar to a well-known institution, or prices per degree, not per course, it may be a diploma mill. Steer clear.


Vancouver Community College
vcc vcc vcc
Vancouver Community College
CENTRE FOR CONTINUING STUDIES
Pick up the latest Continuing Studies flyer for the fall term.
Available at various locations or online.
Register now. Call 604.443.8484
REGISTER ONLINE
www.vcc.ca

Outclass your competition with our in-class training.
CANADIAN SECURITIES COURSE
Ashton College provides in-depth classroom training for the Canadian Securities Course (CSC), the most sought after credential by financial services employers.
Enrol online today.
1190 Melville Street, Vancouver, BC
Ashtoncollege.com | 604.210.3417
LEARN MORE
Ashton
Education with Purpose

A game someone has to win

Roughriders struggling ahead of Friday's game versus winless Leos

LIAM RICHARDS/THE CANADIAN PRESS

▶ Roughriders slotback Chris Getzlaf can't hold on to a pass on Saturday.

With the Saskatchewan Roughriders off to an abysmal 1-4 start, the focus has shifted from a Swiss cheese defence to an offence that frightens only the coaching staff.

Through the first three games of the CFL season, Saskatchewan's porous defence surrendered an average of 38 points in lopsided losses to Edmonton (42-28), Montreal (39-25) and Hamilton (33-3).

The defence has been considerably more effective in the last two outings — a 27-24 victory over the Alouettes and a respectable 22-18 loss to the Calgary Stampeders — but now the offence is floundering.

Offensive co-ordinator Doug Berry believes the problem is largely the team's inability to make the proverbial "big play" when the opportunity presents itself.

By "big play," Berry means a gain of 20 or more yards. He crunched some numbers on the weekend and discovered that to this point in 2011 the Roughriders have made 22 big plays, whereas through the same stretch a year ago, they had made 44 and were sporting a 4-1 record.

Berry is keeping his fingers crossed that will change on Friday night when Saskatchewan takes on the winless B.C. Lions (0-5) in Vancouver.

"We have to play with courage. When there's setbacks, you get discouraged. A win covers a lot of warts."
RIDERS RECEIVER JASON CLERMONT

"We need the guys to step up and make some big plays," Berry stated quietly but emphatically following the team's 90-minute workout yesterday, the first of only three practices it has to prepare for the Lions.

"When there's an opportunity to make a big play, we need to make more big plays than we're making now."

Berry would not single out any individuals. The responsibility, he said, must be spread among the 12 starters. Nor could he identify any one specific aspect that can be held accountable for the problem.

"If you could say that 85 per cent of it was one thing, it would be easy to correct," said Berry. "But it isn't.

"There's been a bit of miscommunication on some plays, and on other plays it's been the (lack of) finish."

Quarterback Darian Durant agrees.

"We just have to get better," he said. "We have to make plays when they present themselves.

"You have to give Calgary credit," he added in reference to the four-point loss to the Stampeders. "For the most part, they played a great defensive game."

Neither Berry nor head coach Greg Marshall is blaming the veteran pivot for the team's substandard performance on offence.

Marshall, however, did mention wide receiver Terrence Nunn as a player whose production has not lived up to his considerable potential.

"He's one of the guys who needs to step up and do more," Marshall said.

Another player the Roughriders are looking to for better things is tailback Hugh Charles. He started against the Stampeders in place of Wes Cates, who is sidelined with an ankle injury, and although his play improved in the second half, Marshall said "he missed a few holes" in the first half.

Marshall is concerned with poor execution in general and the absence of big plays in particular.

"We definitely have missed those aspects in our offence," he said.

Marshall does not foresee immediate roster changes as a means of bringing the team out of its lethargy, or to send messages, but he hasn't ruled them out, either.

"If we make any moves, it won't be to shake things up," he said. "It'll be to make things better."

Veteran receiver Jason Clermont believes the solution to what ails the Roughriders on offence could be as simple as self-sacrifice to make a circus catch, an electrifying run or a key block.

THE CANADIAN PRESS

4 sports

Quoted

"When I was a little boy, I never expected to have my number retired. I just played the game I love."
ROBERTO ALOMAR. THE BLUE JAYS RETIRED HIS NUMBER 12 ON SUNDAY, THE FIRST RETIRED NUMBER IN FRANCHISE HISTORY. THE TEAM REPORTED A SELLOUT CROWD OF 45,629 FOR SUNDAY'S GAME.

Score the first goal at Bell Pitch Downtown!

ENTER THE CONTEST AND YOU COULD:

- Score the first goal at Bell Pitch Downtown, future home of Vancouver Whitecaps FC
- Win one of 50 pairs of tickets to a Whitecaps FC match

bell.ca/scorethefirstgoal

VANCOUVER WHITECAPS FC

Bell
PREMIER FOUNDING PARTNER

No purchase necessary. Contest ends September 24, 2011. Available to legal residents of Canada (excluding Québec) and must be 10 years of age or older. Odds of winning depend on number of valid entries. Skill-testing question required. For prize details, see full contest rules at bell.ca/scorethefirstgoal.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	66	41	.617	—
New York	65	42	.607	1
Tampa Bay	56	51	.523	10
Toronto	55	53	.509	11½
Baltimore	42	63	.400	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	57	51	.528	—
Cleveland	54	52	.509	2
Chicago	52	55	.486	4½
Minnesota	50	58	.463	7
Kansas City	46	62	.426	11

WEST DIVISION

	W	L	Pct	GB
Texas	61	48	.560	—
Los Angeles	59	50	.541	2
Oakland	49	59	.454	11½
Seattle	45	62	.421	15

Last night's results
Cleveland 9 Boston 6
N.Y. Yankees 3 Chicago White Sox 2
Oakland at Seattle
Sunday's results
Toronto 7 Texas 3
Tampa Bay 8 Seattle 1
Kansas City 5 Cleveland 3
Oakland 7 Minnesota 3
Detroit 3 L.A. Angels 2
N.Y. Yankees 4 Baltimore 2
Boston 5 Chicago White Sox 3
Tonight's games
All times Eastern
Texas (C.Lewis 10-8) at Detroit (Scherzer 11-6), 7:05 p.m.
Cleveland (D.Huff 1-1) at Boston (Beckett 9-4), 7:10 p.m.
Toronto (R.Romero 8-9) at Tampa Bay (Price 9-9), 7:10 p.m.
Baltimore (Simon 2-4) at Kansas City (Chen 5-4), 8:10 p.m.
N.Y. Yankees (P.Hughes 1-3) at Chicago White Sox (Danks 4-8), 8:10 p.m.
Minnesota (Duensing 8-8) at L.A. Angels (E.Santana 6-8), 10:05 p.m.
Oakland (Harden 2-1) at Seattle (F.Hernandez 9-9), 10:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Bautista	340	78	110	31	71	.324
Escobar	377	58	115	9	39	.305
Molina	116	15	35	2	9	.302
Thames	165	27	47	5	22	.285
Lind	323	43	90	19	59	.279
Encarnacion	304	41	82	9	29	.270
Davis	302	42	72	1	27	.238
Snider	174	21	41	3	30	.236
Hill	340	35	79	5	38	.232
McDonald	148	17	33	2	17	.223
Arencibia	293	35	65	17	49	.222
Teahen	119	11	24	3	11	.202
Rasmus	16	1	2	0	2	.125

PITCHERS	W	L	SV	IP	SO	ERA
Mills	0	1	0	7.0	5	2.57
Janssen	3	0	1	31.2	28	2.84
Romero	8	9	0	143.0	126	3.08
Villanueva	6	2	0	95.0	62	3.60
Rauch	4	3	9	44.1	31	4.06
Cecil	4	4	0	64.1	48	4.34
Morrow	8	5	0	112.0	133	4.58
Francisco	1	4	10	32.2	37	4.68
Litsch	4	3	0	47.1	39	4.75
Camp	1	1	1	45.0	20	5.20
Ledezma	0	0	0	2.0	2	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	69	39	.639	—
Atlanta	63	47	.573	7
New York	55	54	.505	14½
Florida	54	55	.495	15½
Washington	52	56	.481	17

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	61	49	.555	—
St. Louis	57	52	.523	3½
Pittsburgh	54	53	.505	5½
Cincinnati	53	56	.486	7½
Chicago	44	65	.404	16½
Houston	36	73	.330	24½

WEST DIVISION

	W	L	Pct	GB
San Francisco	61	48	.560	—
Arizona	60	49	.550	1
Colorado	51	58	.468	10
Los Angeles	49	59	.454	11½
San Diego	47	63	.427	14½

Last night's results
Florida 7 N.Y. Mets 3 (10 inn.)
Houston 4 Cincinnati 3 (10 inn.)
Philadelphia 4 Colorado 3 (10 inn.)
Chicago Cubs 5 Pittsburgh 3
Washington 5 Atlanta 3
Milwaukee 6 St. Louis 2
L.A. Dodgers 6 San Diego 2
Arizona 5 San Francisco 2
Sunday's results
Arizona 6 L.A. Dodgers 3
Philadelphia 6 Pittsburgh 5 (10 inn.)
Washington 3 N.Y. Mets 2
Florida 3 Atlanta 1
San Diego 8 Colorado 3
Cincinnati 9 San Francisco 0
Milwaukee 5 Houston 4
Chicago Cubs 6 St. Louis 3
Tonight's games
All times Eastern
Atlanta (D.Lowe 6-9) at Washington (Lannan 7-7), 7:05 p.m.
Chicago Cubs (R.Wells 2-4) at Pittsburgh (Correia 12-8), 7:05 p.m.
Florida (Hand 1-3) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Cincinnati (H.Bailey 5-5) at Houston (W.Rodriguez 7-7), 8:05 p.m.
St. Louis (J.Garcia 10-5) at Milwaukee (Marcum 10-3), 8:10 p.m.
Philadelphia (K.Kendrick 5-5) at Colorado (A.Cook 2-5), 8:40 p.m.
L.A. Dodgers (Kuroda 6-13) at San Diego (Latos 5-10), 10:05 p.m.
Arizona (D.Hudson 10-7) at San Francisco (Lincecum 9-8), 10:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes NYM	93	410	78	140	.341
Braun Mil	98	360	68	116	.322
DanMurphy NYM	104	376	47	120	.319
Votto Cin	107	398	68	127	.319
Kemp LAD	107	388	64	123	.317
Morse Wash	96	330	46	103	.312
Helton Col	96	322	45	100	.311
Holliday StL	82	290	55	90	.310
Pence Pha	102	408	51	125	.306
McCann Atl	91	333	43	102	.306

Runs—JosReyes, NY, 78; Stubbs, Cin., 72; RWeeks, Mil., 71; JUpton, Arz., 68; Votto, Cin., 68.
RBI—Kemp, LA, 82; Howard, Phi., 81; Fielder, Mil., 76; Tulowitzki, Col., 73; Berkman, StL, 72.
Hits—JosReyes, NY, 140; SCastro, Chi., 133; Bourn, Hou., 130; Votto, Cin., 127; Pence, Phi., 125.
Doubles—Beltran, SF, 30; JUpton, Arz., 30.
Last night's games not included

SUNDAY

BLUE JAYS 7, RANGERS 3

Texas	ab	r	h	bi	Toronto	ab	r	h	bi
EnChvz cf	4	0	0	0	RDavis lf	3	1	1	0
Quntnll 2b	4	0	0	0	Rasms cf	4	1	2	2
JHmltn lf	4	2	2	0	Bautist 3b	2	1	0	0
MiYong 3b	4	1	2	1	Encrnc 1b	3	1	1	2
Napoli dh	4	0	2	2	Teahen ph-1b	1	0	0	0
Morlnd 1b	3	0	0	0	EThms rf	4	0	0	0
Tegrdn c	4	0	1	0	JMolin c	4	1	0	0
DvMrp rf	4	0	2	0	A.Hill 2b	3	1	1	0
ABlanc ss	4	0	0	0	JMcDnl ss	3	0	1	1
Arencii dh	3	1	1	1					
Totals	**35**	**3**	**9**	**3**	**Totals**	**30**	**7**	**7**	**6**
Texas					**000**	**002**	**010**	**3**	
Toronto					**211**	**300**	**00x**	**7**	

E—J.Hamilton (4), A.Blanco (3). DP—Texas 1. LOB—Texas 7, Toronto 2. 2B—J.Hamilton (21), Mi.Young (33), Napoli (15), R.Davis (19), Rasmus (1). HR—Encarnacion (9). SB—Jo.McDonald (2). CS—En.Chavez (3), Jo.McDonald (3).

	IP	H	R	ER	BB	SO
Texas						
C.Wilson L,10-5	3⅓	7	7	5	3	2
Tateyama	1⅓	0	0	0	0	2
Rhodes	1	0	0	0	0	0
Uehara	1	0	0	0	0	2
Feldman	1	0	0	0	0	0
Toronto						
Morrow W,8-5	7	6	2	2	2	11
T.Miller	⅓	1	1	1	0	0
Janssen	⅔	1	0	0	0	0
F.Francisco	1	1	0	0	0	2

WP—C.Wilson 2, Morrow.
T—2:42. A—45,629 (49,260).

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez Bos	104	429	75	153	.357
MiYoung Tex	107	426	54	143	.336
Kotchman TB	92	313	28	102	.326
Bautista Tor	**97**	**340**	**78**	**110**	**.324**
Ellsbury Bos	105	433	81	139	.321
VMartinez Det	93	344	47	109	.317
JhPeralta Det	97	348	46	110	.316
MiCabrera Det	108	376	73	117	.311
Pedroia Bos	103	414	73	128	.309
YEscobar Tor	**98**	**377**	**58**	**115**	**.305**

Runs—Granderson, New York, 94; Ellsbury, Boston, 81; **Bautista, Toronto, 78;** AdGonzalez, Boston, 75; MiCabrera, Detroit, 73; Pedroia, Boston, 73; Kinsler, Texas, 72.
RBI—AdGonzalez, Boston, 90; Teixeira, New York, 79; Granderson, New York, 78; Beltre, Texas, 76; Konerko, Chicago, 76; Youkilis, Boston, 74; MiYoung, Texas, 73.
Hits—AdGonzalez, Bos., 153; MiYoung, Texas, 143; Ellsbury, Bos., 139; MeCabrera, KC, 137.
Doubles—Zobrist, Tampa Bay, 34; MiYoung, Texas, 33; AdGonzalez, Boston, 32; AGordon, Kansas City, 31.
Triples—Granderson, New York, 8; Bourjos, Los Angeles, 7; AJackson, Detroit, 7; **RDavis, Toronto, 6;** Gardner, New York, 6; Aybar, Los Angeles, 5; Cano, New York, 5; Crisp, Oakland, 5; JWeeks, Oakland, 5; Zobrist, Tampa Bay, 5.
Home Runs—Bautista, Toronto, 31; Teixeira, NY, 29; Granderson, NY, 28; Konerko, Chi., 25; NCruz, Texas, 23; MarReynolds, Baltimore, 23.
Stolen Bases—Crisp, Oakland, 32; Gardner, NY, 32; **RDavis, Toronto, 31;** Ellsbury, Boston, 31; Andrus, Texas, 30; ISuzuki, Seattle, 28; Aybar, Los Angeles, 23; BUpton, Tampa Bay, 23.
Pitching—Verlander, Det., 15-5; Sabathia, NY, 15-5; Weaver, LA, 14-5.
Strikeouts—Verlander, Det., 178; Sabathia, NY, 156; FHernandez, Sea., 153; Shields, TB, 153.
Saves—Valverde, Det., 28; MaRivera, NY, 27.
Last night's games not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	5	4	1	0	124	94	8
Montreal	5	3	2	0	159	129	6
Hamilton	5	3	2	0	132	112	6
Toronto	5	1	4	0	105	142	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	5	5	0	0	153	99	10
Calgary	5	3	2	0	117	117	6
Saskatchewan	5	1	4	0	101	160	2
B.C.	5	0	5	0	126	161	0

WEEK SIX
Thursday's game
All times Eastern
Montreal at **Toronto,** 7:30 p.m.
Friday's games
Edmonton at Winnipeg, 7:30 p.m.
Saskatchewan at B.C., 10:30 p.m.
Saturday's game
Hamilton at Calgary, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Whyte, Mtl	0	17	13	1	57
Duval, Edm	0	16	11	8	57
Palardy, Wpg	0	9	15	2	56
Medlock, Ham	0	13	12	3	51
McCallum, BC	0	11	12	1	48
E.Johnson, Sask	0	10	9	4	41
Paredes, Cal	0	8	9	3	38
Prefontaine, Tor	0	8	8	0	32
Kackert, Tor	5	0	0	0	30
Stala, Ham	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Edwards, Wpg	4	0	0	0	24
Cates, Sask	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Foster, BC	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	22	9	6	7	24	20	34
Philadelphia	20	8	5	7	25	18	31
New York	23	6	5	12	37	30	30
Kansas City	21	6	6	9	29	28	27
Houston	22	6	7	9	27	27	27
D.C. United	20	6	6	8	26	30	26
New England	22	4	9	9	20	30	21
Toronto	24	3	11	10	21	43	19
Chicago	20	2	6	12	20	25	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	23	12	2	9	32	16	45
Dallas	23	12	5	6	30	21	42
Seattle	23	10	5	8	33	26	38
Colorado	24	8	6	10	33	31	34
Real Salt Lake	19	9	4	6	27	14	33
Chivas USA	22	6	8	8	27	24	26
San Jose	22	5	8	9	24	29	24
Portland	20	6	10	4	24	34	22
Vancouver	22	2	11	9	21	34	15

Note: Three points for a win, one for a tie.
Sunday's result
FC Dallas 1 Chivas USA 0
Tomorrow's games
All times Eastern
Real Salt Lake at Kansas City, 8:30 p.m.
Philadelphia at Chicago, 9 p.m.
Los Angeles at Portland, 10:30 p.m.
Friday's game
Columbus at Colorado, 9:30 p.m.
Saturday's games
Houston at Philadelphia, 7 p.m.
Toronto at D.C. United, 7:30 p.m.
Chivas USA at New England, 7:30 p.m.
Seattle at Kansas City, 8:30 p.m.
New York at Real Salt Lake, 9 p.m.
Portland at San Jose, 10:30 p.m.
Dallas at Los Angeles, 10:30 p.m.
Sunday, Aug. 7
Chicago at Vancouver, 7 p.m.

TENNIS

ATP

BET-AT-HOME CUP

At Kitzbuehel, Austria
Singles — First Round
Philipp Kohlschreiber (5), Germany, def. Thomas Muster, Austria, 6-3, 6-0.
Andreas Seppi (6), Italy, def. Denis Istomin, Uzbekistan, 6-2, 6-2.
Pablo Andujar (8), Spain, def. Lukas Rosol, Czech Republic, 3-6, 6-3, 6-3.
Pere Riba, Spain, def. Victor Hanescu, Romania, 7-6 (3), 6-4.
Albert Ramos, Spain, def. Igor Andreev, Russia, 6-0, 6-7 (2), 6-4.
Daniel Gimeno-Traver, Spain, def. Dominic Thiem, Austria, 6-4, 6-2.
Albert Montanes, Spain, def. Javier Marti, Spain, 6-3, 6-2.

LEGG MASON CLASSIC

At Washington
Singles — First Round
Radek Stepanek, Czech Republic, def. Philipp Petzschner, Germany, 6-7 (2), 6-4, 6-0.
Igor Kunitsyn, Russia, def. Gilles Muller, Luxembourg, 6-4, 3-6, 7-6 (5).
Chris Guccione, Australia, def. Alejandro Falla, Colombia, 7-6 (3), 6-3.
Donald Young, U.S., def. Artem Sitak, New Zealand, 6-0, 6-3.
Marinko Matosevic, Australia, def. Richard Berankis, Lithuania, 7-6 (3), 3-6, 6-1.
James Blake, U.S., def. Tatsuma Ito, Japan, 6-3, 6-3.
Matthew Ebden, Australia, def. Rajeev Ram, U.S., 6-1, 3-2 retired.
Michael Russell, U.S., def. Ivo Karlovic, Croatia, 6-4, 7-6 (4).
Doubles — First Round
Tommy Haas, Germany, and Radek Stepanek, Czech., def. Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** 6-2, 5-7, 10-2 tiebreak.

WTA

MERCURY INSURANCE OPEN

At Carlsbad, Calif.
Singles — First Round
Jill Craybas, U.S., def. **Marie-Eve Pelletier, Repentigny, Que.,** 6-1, 6-1.
Roberta Vinci (9), Italy, def. Bojana Jovanovski, Serbia, 3-6, 6-4, 6-1.
Polona Hercog (16), Slovenia, def. Natalie Grandin, South Africa, 7-6 (1), 2-6, 6-4.
Alexa Glatch, U.S., def. Ekaterina Makarova, Russia, 6-1, 6-2.
Zheng Jie, China, def. Mirjana Lucic, Croatia, 5-7, 6-2, 7-6 (3).
Sofia Arvidsson, Sweden def. Ashley Weinhold, U.S., 6-3, 6-1.
Elena Baltacha, Britain, def. Melanie Oudin, U.S., 6-0, 6-1.
Vera Dushevina, Russia, def. Aravane Rezai, France, 4-6, 6-3, 6-4.
Virginie Razzano, France, def. Lucie Hradecka, Czech Republic, 6-7 (7), 7-6 (5), 6-1.

ACTIVITY

BASEBALL

MLB — Susp. Cleveland RHP Carlos Carrasco 6 games & fined him an undisclosed amount for throwing at K.C. DH Billy Butler during Fri. game.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Optioned LHP Mike Ballard and LHP Pedro Viola to Bowie (EL).
CLEVELAND INDIANS — Purchased the contract of INF Argenis Reyes from New Jersey (Can-Am) and assigned him to Columbus (IL).
KANSAS CITY ROYALS — Placed RHP Kyle Davies on the 15-day DL, retroactive to July 26. Agreed to terms with C Cameron Gallagher & assigned him to the Arizona League Royals.
LOS ANGELES ANGELS — Optioned OF Mike Trout to Arkansas (TL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Optioned RHP Sam Demel and RHP Ryan Cook to Reno (PCL). Selected the contract of INF Paul Goldschmidt from Mobile (SL).
ATLANTA BRAVES — Placed RHP Scott Linebrink on t he 15-day DL, retroactive to July 30.
PHILADELPHIA PHILLIES — Released RHP Danys Baez.
PITTSBURGH PIRATES — Designated 1B Lyle Overbay for assignment.
WASHINGTON NATIONALS — Released OF/1B Matt Stairs unconditionally.

FOOTBALL

NFL

CAROLINA PANTHERS — Agreed to terms with DT Terrell McClain.
CHICAGO BEARS — Waived P Richmond McGee and DT Sean Murnane.
CLEVELAND BROWNS — Signed DE Jayme Mitchell. Sent undisclosed 2012 draft pick to St. Louis to complete earlier trade for G John Greco.
DENVER BRONCOS — Agreed to terms with DE Derrick Harvey.
K.C. CHIEFS — Signed OT Barry Richardson to restricted free agent tender & LB Brandon Siler.
MIAMI DOLPHINS — Agreed to terms with OT Marc Colombo.
MINNESOTA VIKINGS — Signed OL Charlie Johnson.
NEW ORLEANS SAINTS — Agreed to terms with LB Clint Ingram. Signed G Carl Nicks. Re-signed OT Zach Strief.
N.Y. JETS — Re-signed CB Antonio Cromartie to 4-yr contract. Signed CB Donald Strickland.
PHILADELPHIA EAGLES — Traded DT Brodrick Bunkley to Denver for an undisclosed 2013 draft pick. Waived WR Keith Carlos.
SAN DIEGO CHARGERS — Placed TE Antonio Gates and LB Larry English on the physically-unable-to-perform list.
TAMPA BAY BUCCANEERS — Re-signed LB Adam Hayward to a three-year contract. Released RB Deonte Jackson.

CFL

EDMONTON ESKIMOS — Signed DL Marcus Howard.
WINNIPEG BLUE BOMBERS — Signed LB Dustin Doe to the practice roster.

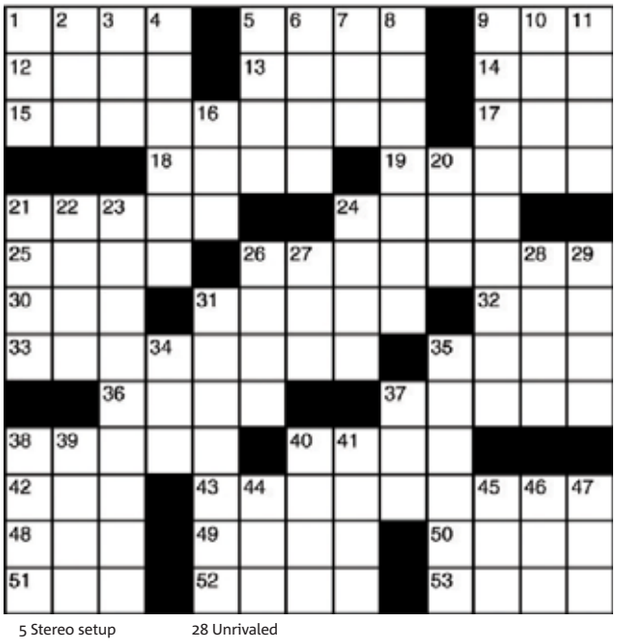
HOCKEY

NHL

NEW JERSEY DEVILS — Waived D Colin White and RW Trent Hunter.
SAN JOSE SHARKS — Signed D Brent Burns to a five-year contract extension.
VANCOUVER CANUCKS — Named Craig MacTavish coach of Chicago (AHL).

You'll this.
DOWNLOAD THE NEW METRO APP
for your BlackBerry, iPhone and iPad.
Available on the App Store
BlackBerry App World
metro

Crossword



Across

1 Wound reminder
5 Conceal
9 Second-stringer
12 Tittle
13 Press clothing
14 Paid player
15 Named in detail
17 Maestro de Waart
18 Barbra's A Star Is Born co-star
19 Happen
21 Bewildered
24 Fresh kid
25 NYPD rank
26 Go where you shouldn't
30 Eisenhower
31 Cell, e.g.
32 Pirouette pivot
33 Adorn
35 Staff
36 Military group
37 Connected to the Internet
38 Big fracas
40 String instruments
42 Eggs
43 Marking with bits of color
48 Favourite
49 Poi base
50 Unsigned (Abbr.)
51 Away from WSW
52 Ugly duckling, eventually
53 Invitation initialism

Down

1 Family member
2 Police officer
3 Chowed down
4 Din
5 Stereo setup
6 Eye part
7 Fawn's mama
8 Sign the back of a check
9 Bleacherite
10 Pakistani language
11 Loutish sort
16 A Gershwin
20 Upper limit
21 Alkali neutralizer
22 Snatch
23 Guess
24 Part of N.B.
26 What this isn't
27 Deteriorate
28 Unrivaled
29 Burpee wares
31 Church VIPs
34 Inseparable
35 Obelisk, for instance
37 Stir-fry pan
38 Sulk
39 Tied
40 Designer Wang
41 PC picture
44 Dog's foot
45 Office holders
46 Thanksgiving mo.
47 Econ. indicator

▶ Friday's answer

Sudoku

1	4		6		9		2	5
				4				
	5						8	
		8	7		3	6		
9								4
		5	4		1	2		
	2						7	
				3				
3	7		2		4		9	6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

2	8	7	6	5	1	3	9	4
6	1	5	3	9	4	2	7	8
3	4	9	2	7	8	1	5	6
5	7	6	1	4	3	8	2	9
8	2	4	9	6	5	7	3	1
1	9	3	7	8	2	4	6	5
4	3	2	5	1	9	6	8	7
7	5	8	4	2	6	9	1	3
9	6	1	8	3	7	5	4	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Blue Gal
Hon, can't stop thinking about you. You got me spellbound n have not left me for a second. Sending you all my love, hugs, kisses n lots of fun. Have a lovely day! Love YOU crazy:)
FROM DJ DANCE WITH ME

Matt
I haven't seen you in 2 days, and I have been thinking about you. How was Johnny Rockets? I hope you had a good time. =0)
FROM R

Ewic
Heeeeeee! I know how much u wuv kissees. Maybe u can shtop kissing me shoo much! I need to get some shweep! Wuv u. When you gonna pick me up? Hehhh?
FROM BOO BEAR

Today 21°/15° Variable
Wednesday 22°/18° Sunny
IT'S LIKE HAVING A METEOROLOGIST LIVING IN YOUR POCKET.
Get your weather on the go with theweathernetwork.com
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Success is all but guaranteed whatever you do but it will be greater if you focus on what you are passionate about.

♉ Taurus April 21-May 21 Give others the freedom you quite rightly expect for yourself — it's only fair.

♊ Gemini May 22-June 21 If you force yourself to stay at home or in the office you will get frustrated and pick fights with family and friends.

♋ Cancer June 22-July 22 Focus on your career and how you can make extra money from your creative talents.

♌ Leo July 23-Aug.23 Treat everyone you meet as a potential friend and before you know it they will be doing most of your work for you.

♍ Virgo Aug. 24- Sept. 22 Change yourself and everything else will change too.

♎ Libra Sept. 23-Oct. 23 Don't worry: your big gamble will pay off.

♏ Scorpio Oct. 24-Nov. 22 The sun in the career area of your chart will bring both opportunities and challenges.

♐ Sagittarius Nov. 23-Dec. 21 Think big, and act big too.

♑ Capricorn Dec. 22-Jan. 20 If you give away too much information about yourself today you will regret it for some time to come.

♒ Aquarius Jan. 21-Feb. 18 You must expect a certain amount of resistance from those you deal with on a one-to-one basis.

♓ Pisces Feb. 19-March 20. You'll have extra reserves of energy, and you're going to need them. SALLY BROMPTON

Caption contest

JAY DIEM, SALISBURY DAILY TIMES/THE ASSOCIATED PRESS

STEVE PARSONS/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

FLIGHT CENTRE Unbeatable
Honolulu Air + 5 Nights
from $599
+ taxes & fees $115
INCLUDES Waikiki accom near the beach and International Marketplace.
1 866 519 5111 | flightcentre.ca
Conditions apply. Ex: Vancouver. Price is stated per person and based on double occupancy for full duration of stay unless otherwise stated. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and/or HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

30 second "Hair Transplant"
- Easy to apply microscopic colour-matched hair fibres, which bind electrostatically to, and branch off of each individual hair.
- 100% Safe for Male and Female Thinning Hair
- Undetectable, Natural Appearance

MASC
604.688.4555
433 davie street
shopmasc.com

BIG SUMMER SALE!!
AUGUST 1ST-7TH • 20% OFF ALL PURCHASES!
PURCHASE $50* OR MORE & RECEIVE 50% OFF!!
*Not including tax. This sale can not be combined (Limit up to 50% OFF), and excludes new books, newspaper and new gaming consoles.
BOOK-OFF VANCOUVER STORE
636 HORNBY ST. 604-605-8887
A NEVER BEFORE SEEN USED BOOK STORE!
OPEN 7 DAYS A WEEK • 10am - 8pm

Back 2 School

Get the hottest styles from the coolest designers

$38 Glasses Sale

or get a family pack

3 Glasses for $99

apply coupon code at checkout

BTS3499

Prices include the frame and standard 1.5 index lenses.

ClearlyContacts.ca

Canada's Largest Optical Store

Find us on facebook
www.facebook.com/ClearlyContacts.ca

Promotion ends September 5, 2011 at midnight. Use coupon code BTS3499 to receive any 3 pairs of 'coupon eligible' eyeglasses for $99, includes frame and standard 1.5 index lenses. 365 day exchange or refund available for value at time of purchase. Cannot be combined with other offers. Only one coupon code can be used per order.